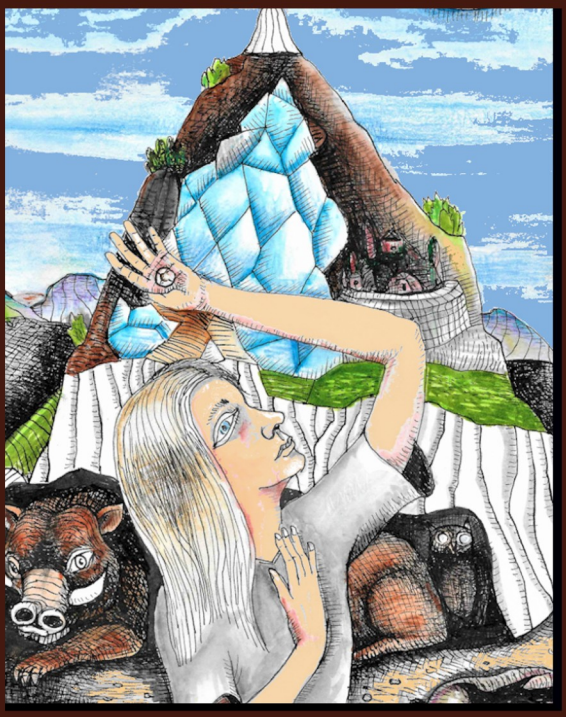
Dream Seeker Tarot



Guidebook

Charles Hackbarth

Dream Seeker Tarot

cards and guidebook by

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published by

Hypnogogic Press
Toronto

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Introduction

I remember, as a kid, my grandmother and mother sitting at the kitchen table, smoking cigarettes and drinking tea, chatting for hours on end. A deck of cards was always close at hand. When they weren't playing a game, my grandmother was reading fortunes with the cards. I was baffled and amazed that something as mundane as a playing card could hold so much information and mystery.

I grew up in a house where magic was permitted. My mother loved science fiction, horror stories, and anything occult or supernatural. Years later, after I left home, my mother became a professional psychic. She lived in Ottawa, where a number of politicians and off duty detectives visited her on a regular basis. She sat and read at the same kitchen table that my grandmother read the cards at, years earlier. When my grandmother passed away, my mother created a special reading room in her bed sitting room.

As a young artist, I became interested in surrealism and magic realism. Anything that challenged our concepts of reality. I have, over the years, studied alchemy, Buddhism, Shamanism, psychotherapy, various forms of energy healing, and personal development. I have often been asked if I inherited their psychic ability. The short answer is YES. However my sensitivity is as an empath. When I'm facilitating a therapy session or doing a healing session, I FEEL what other feel. I hear words and see images.

This deck of Tarot cards started out as something completely different. I was working with a psychic friend to create a deck of oracle cards. After a few months, we decided that our individual visions for the deck were different, and chose to go our separate ways, and create our own decks. Some of those initial cards appear in this deck. I decided to research Tarot cards, and follow, more or less, the Tarot system.

The four main decks I researched were Thoth, Rider-Waite, Minchiate and Marseille. I also spent some time with modern decks such as Motherpeace, The Wild Unknown and Hexen 2. I wanted to create a deck that wasn't just a novelty item but a deck that was readable, relevant, and accurate.

Introduction

While working on the deck, I was challenged to make an inclusive, LGBTQ2S friendly deck. Still other friends encouraged me to create a diverse, multicultural deck. With these challenges as a driving force, I have drawn some characters as gender neutral or gender-fluid. I have included three versions of The Lovers card. I have drawn inspiration from various cultures for the design of some of these cards. Still others feature magical, hybrid beasts, which is a common feature in my drawings and paintings.

While the Major Arcana integrated a broad range of Tarot systems, the Minor Arcana mostly follow the Rider-Waite system. If you are familiar with Tarot, you will notice that The Fool is missing. I have replaced him with The Dreamer, who represents the same qualities of The Fool, and can be read as The Fool.

I have included my own interpretations for this deck. For each card I've provided a description, an interpretation (upright card) and a suggested meditation or visualization. I have not included reverse interpretations in this book but perhaps will do so in a follow up book. If you are familiar with Tarot and feel comfortable, I encourage you to bring whatever interpretations you already use, including reverse meanings.

My intention, with the creation the Dream Seeker Tarot is to expand the imagery and symbolism. It is not, in any way, meant as a challenge to the already magnificent and profound wisdom of the tradition. I hope these cards bring you joy, wisdom, mystery and magic.

with Love and Light,
Charles Hackbarth

March 2024

The Major Arcana

The Dreamer

The Dreamer (aka The Fool) represents the pure creative impulse. The seed thought that exists before all manifestation. Both male and female, or neither, when The Dreamer looks up to the sky, they see Universal Consciousness looking back at them, with the clear vision of wisdom and compassion. The Dreamer's left hand is open and we see the chakra ready to receive pure energy from the Cosmos. Their right hand is gently touching their heart.

Behind The Dreamer, a mound rises up, with a tower at the summit, from which knowledge and truth are broadcasted. Blue crystals reflect the sky. A small village is perched halfway up the mountain, representing our daily, mundane world.

Within the mountain, we see a beast and an owl. Symbols of pure animal energy and wisdom.

The Dreamer's eyes are wide open, gazing into the eyes in the sky. When one's heart is open, the wisdom of Universal Consciousness is transmitted. Whatever your concept of spiritual oneness, love and creative consciousness is, open to it.

Interpretation: You are ready to dream something new into being. Trust your own intuition. Let the animal impulse for action rest while you dream. What is it that you really want to do? What is your deepest desire? Open to the flow of Universal Consciousness. When you are aligned with your purpose, you have access to the entire hologram of existence.

Meditation: Take a few deep, slow breaths, allowing the breath to find its own rhythm. Imagine, or sense, a small sun just above your head. A beam of light, like sunlight in a forest, pours down through the top of your head and lights up the core of your being. Imagine, or sense, that beam of light flowing down along your spine, until it reaches your pelvis. Now imagine the light filling your body the way air fills a balloon. Feeling the delicious warmth flowing through your bones, organs, viscera. Have a sense of that light expanding into every cell in your body.

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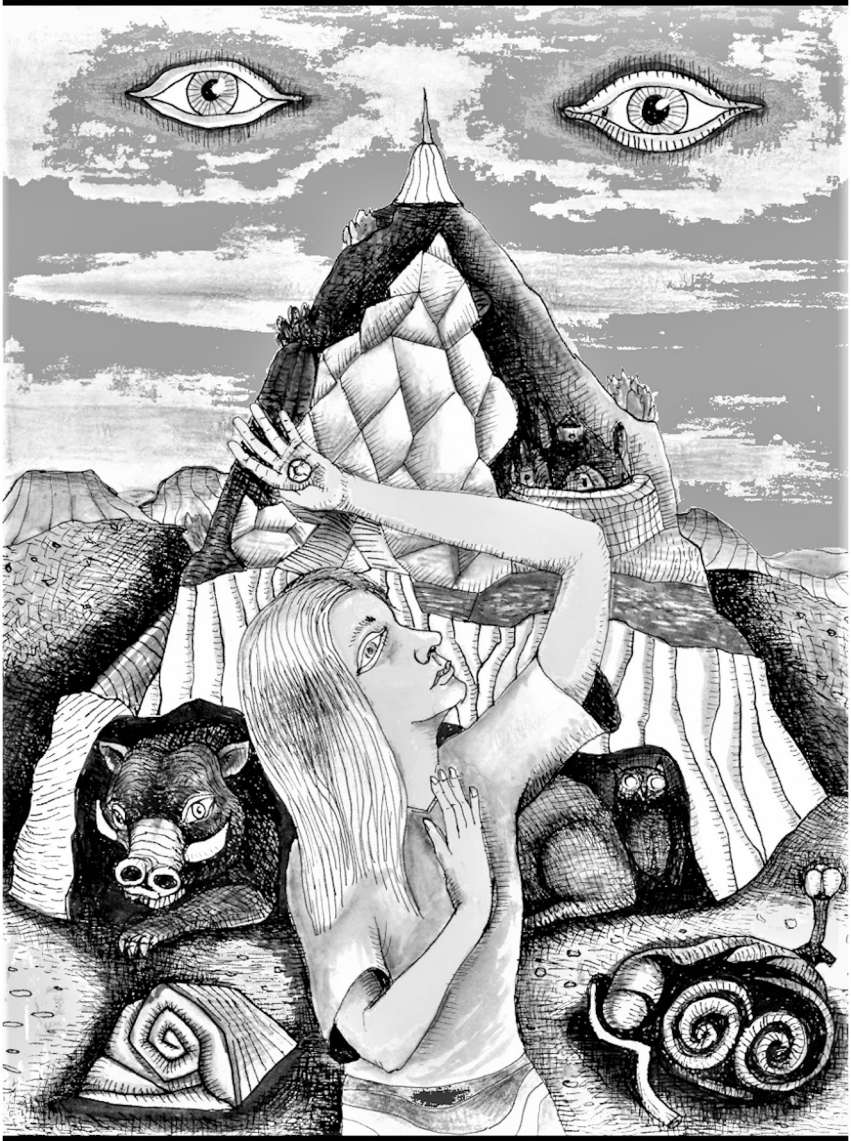


The Dreamer

The Magician

The Magician is part human and part animal. A creation of magic itself. In his right hand he holds a device that receives and channels the pure energy of lightning, while his left hand releases seeds that drop to the ground. The Magician is a conduit between Heaven and Earth. The Magician embodies the male energy of creation and Universal Consciousness made flesh. On his table we see the four suits of the Tarot:

Cups: water, emotion, intuition, love
Wands: fire, spirit, passion
Disks: earth, the body, home, abundance, money
Swords: air, the intellect, ideas, thoughts

The dog and butterfly have migrated from The Fool card to accompany the Magician, showing that a part of The Fool's innocence must be present if you are going to create something new. The leminiscate (infinity symbol) hangs from his antler, representing unlimited potential.

In the Rider-Waite deck, you will see lilies and roses beside the Magician. In The Dream Seeker Tarot, the roses and lilies have become a design on The Magician's vest.

Interpretation: You now have at your disposal everything you need to create what you want. You must be clear about your intentions, and aligned with Universal Consciousness. if you are, then the unlimited power of the Universe will flow through you to create your vision. With the beauty of the butterfly to inspire you, and the determination and devotion of the dog, you can create what you want and need. Allow the magic of creativity to flow through you.

Meditation: Take a few long, slow breaths, allowing the breath to find its own rhythm. Allow your body and mind to settle. Imagine, or sense, roots growing from the bottom of your feet, or any part of your body that faces toward the floor or ground. Send those roots deep down into the Earth, as far and wide as they want to go. Now, with your intention, draw the Earth's nurturing energy up through the roots into your body, like sap rising in the Spring. Imagine or sense the Earth's energy filling you with its lifeforce, with its creative juices.

I

The Magician

The High Priestess

The High Priestess, sometimes knowns as The Female Pope, or as The Priestess, is the female Magician. She can be seen pulling back a blue curtain, which represents water and intuition, to reveal the Universe, and worlds within. Partly hidden behind the curtain is an Elder, a Shaman, with an animal mask. The Elder has removed their mask, and stares straight out at the viewer with unflinching clarity.

In the same way that the Magician embodies cosmic energy, the High Priestess is the female gateway to Universal Consciousness. While the Magician's focus is outward, as a conduit to bring your creative ideas into manifestation, The Priestess is a guide into the great mysteries of creativity, intuition, emotions, and an embodied experience of life on Earth.

Framing the scene, on both sides, are columns. One white, one black, defining an obvious duality. Branches grow out of the columns. The white column is topped with an eagle, a symbol of spiritual ascendance, and the black branches hold eggs or pods. The Priestess touches a cresent moon with her foot, further indicating her deep connection to intuition.

Interpretation: You can now connect with your own deep inner knowing. Your intuition is strong. Trust it. Take off your mask and reveal your true self. Accept the temporary state of duality with fierce, yet compassionate attention.

Meditation: Take a few long, deep breaths, allowing the breath to find its own rhythm. You can use the meditations on page 10 and 12 to ground yourself. From a place of inner calm, you can look at the image of The High Priestess, or you can use any image that represents the Divine Feminine for you. sit with the image. If it feels comfortable to do, bring the image into yourself, embody it. Sense the Divine Feminine within you. Regardless of your gender, we all possess the Divine Feminine within us.

II

High Priestess

The Empress

The Empress is a powerful, full-bodied Earth Mother, with a soft but unflinching gaze. She sits on a plush red chair in a flowing green dress, which represents her abundant fertility. She wears a hat covered in petals, topped with a bird, representing her connection to Universal Consciousness. In her right hand is a fertility doll similar to the Venus of Willendorf. In her left hand, she holds a scepter representing the male aspect of fertility. She dips her toe into a river which flows through the landscape. Water typically represents intuition and emotions. Behind her, vines grow from above and below, each laden with fruit and flowers. The sun is at its zenith in a clear blue sky.

The Empress is the embodiment of the Divine Feminine, nurturance, intuition, mothering, compassion, empathy, creativity and universal, unconditional Love.

Interpretation: The Empress represents symbolic or literal pregnancy. The moment is ripe with possibility. Abundance is all around you. You are surrounded by beauty. Whether you are female, male or non-binary, the divine feminine lives within all of us. Now is the time to connect with your inner mother, the nurturing part of yourself. Perhaps you are searching for a Mother figure. Is it time for you to cultivate your creativity? Spend some time in nature, even if it means finding a beautiful tree in the middle of the city. Sit with it and soak up its magnificent presence and energy.

Meditation: Take a few deep breaths and settle into your body. Allow your breath to breathe itself, without effort. Imagine The Empress is there with you. Or imagine any motherly figure that works for you. Imagine she is there with you. You can feel her loving presence. If it feels comfortable, look into her eyes. Regardless of the mothering you may have experienced in the past, for just this moment, allow yourself to feel her pure unconditional LOVE. This is the Universal Mother. Let the warmth of her gaze soak into every fiber of your body and being.

III

The Empress

The Emperor

The Emperor sits on a red throne. wearing a combination of armor, kilt and antlered helmet. On his right foot he wears a boot, while his left foot is bare and rests upon a dragon. His throne also sits on the dragon. In his right hand he holds an ankh-headed staff while in his left he gingerly holds a large egg in his lap. His beard is grey but his hair is still dark, putting his age somewhere between middle-aged and elderly. The Emperor's eyes stare straight out at you with a clear, questioning gaze. He looks as though he is about to speak? Don't be afraid of what he might say?

While the Empress represents the manifestation of ideas and thoughts into flesh, The Emperor represents the organizing principle. A benevolent father figure, the noble ruler, who is receptive to advice and counsel but, in the end, stands by his own decisions.

The dragon represents the fierce and raw Earth energies, which as a leader he must learn to master, through self-control. As a compassionate and wise leader he is reserved and principled. All decisions are based on sound reasoning combined with instinctual knowing.

Interpretation: Stand firm in your beliefs. As long as you are open to sound advice and listen to your own deepest inner knowing, you are ready to make a decision. You can assume the role of leader. Are you in a position of authority? Welcome the challenge.

Meditation: Sit or stand in a solid stance with feet planted firmly on the ground or floor, your hands resting on your thighs. This is the Emperor’s stance. Feel your legs like tree trunks connected to the Earth. Feel the solidity that comes with that. Let all the thoughts, sensations and emotions sink down through your body, through your legs into your feet and into the ground.

IV

The Emperor

The Hierophant

Sometimes known as The Pope, The Hierophant is the embodiment of Universal Consciousness, God, the creator. Behind him stands a mountain which is topped with a crystal peak. On his head he wears a seven-petaled flower headdress which represents the crown chakra, the portal through which Universal Consciousness flows into his body and mind. His heart, throat and third eye chakras are also visible.

He holds his right hand in the sign of blessing, while holding a Ram-staff in his left, which corresponds to Taurus, an Earth sign. As Hierophant or Pope, he is the intermediary between the Earth and The Heavens. There is a congregation gathered on the roof of the building. The crowd is a porous collective, their hands are raised in praise of The Book, the official teachings.

It is very important that the teacher has resolved his own emotional issues. That he has raised his consciousness to fully perform his duties as a spiritual leader. Otherwise, emotional and ego needs wlll be projected onto others.

Interpretation: Are you drawn to a specific spiritual teacher or path? Now might be the time to take that step towards deeper learning. Spiritual institutions have their purpose, and those operated with clear heart, mind, and spirit can take you to places you cannot go alone. The dark side of organized spirituality and religion is the potential for powers to be abused, for ego-based rules and decisions to be made. Trust your inner knowing. If a teacher or spiritual path doesn't feel right, take a step back. However, make sure the discomfort isn't the resistance to truth or going deeper within yourself.

Meditation: All religions and spiritual traditions have three components; teachings (scriptures, sutras), practice (meditation, contemplation, walking, working) and devotion (prayer, chanting, singing, bowing). Bowing and prostrations are an embodiment of humility. When we bow or prostrate ourselves, we do so to our own enlightened selves, not someone else. When we bow to Buddha or Jesus, we are honouring their commitment to spiritual evolution and acknowledging that we possess the same within ourselves. Who represents spiritual mastership for you? Sit with an image, or the imagined presence, of that teacher. Sit in silence and find a way to honor them through words, prayer or song, knowing all along that you are honoring Universal Consciousness within yourself.

V

The Hierophant

The Lovers

The Dream Seeker deck has three Lovers cards. Feel free to use one, two or all three cards. Couples, by their very nature, suggests a binary or duality. These cards may represent relationships with others or a balancing of opposites within ourselves, or both.

In this Lovers card, a man and woman are embracing, protected within a bulb-like structure, reminiscent of The Royal Couple in alchemy. At the base of bulb, green leaves fan out, and at the top, a flower blooms. A large beast rests, with glassy eyes, surrounded by bones. The beast has eaten its fill and is sated. Torches burn on either side of the couple. The sky is also fiery. In the early stages of a relationship the fires of passion burn brightly. Once the fires have cooled, for a relationship to deepen and grow, a couple must explore the unresolved emotional issues that inevitably arise. Relationships are an opportunity to heal, individually, and together.

At times, love may require fierce protection. Within all of us are a multitude of feelings, states of being, and inner parts. It is a life long journey to harmonize these sometimes fragmented parts of our psyche. We strive to balance the various opposites; male-female, yin-yang, hot-cold, intellect-intuition, action-rest.

Interpretation: Are you searching for your soul mate? Keep an open mind and open heart. They may be closer than you think. You are surrounded by love and protection. Are your male and female aspects in balance?

Meditation: Find your calm center. Do you have a sense of a peaceful place or inner sanctuary? Bring that place all around you. Feel as though you are actually there. Invite a feeling of pure unconditional love to arise in your heart center. Like a star or sun, you let that love radiate out from your heart. If you are in a relationship, imagine your loved one receiving your warm love light. If you are searching for your true love, send that vibration of love out into the world, knowing that it will find your soulmate and draw them to you.

VI

The Lovers

The Lovers

The Dream Seeker deck has three Lovers cards. Feel free to use one, two or all three cards. Couples, by their very nature, suggests a binary or duality. These cards may represent relationships with others or a balancing of opposites within ourselves, or both.

In this Lovers card, two women are embracing, protected within a bulb-like structure. One of them is blue skinned and the other is brown. These colours are complimentary on the color wheel. One is cool (representing intellect) and the other is warm (representing the body, feelings and intuition). The theme of opposites is continued in the sky, with the sun and moon both present. Plus and minus signs float in the clouds. The sky is a radiant orange, suffusing the image with passion, tempered with restraint. The colour blue and orange are balanced throughout the card.

A salamander wraps around a bulb or orange-like fruit with sections. The salamander was believed to live in volcanoes and aided transformation in the alchemical process.

At times love may require fierce protection. Within us all are a multitude of feeling and states of being that we must learn to harmonize. Along with the usual opposites of male-female, yin-yang, hot-cold, are intellect and passion, action-rest.

Interpretation: Are you searching for your soul mate? Keep an open mind and open heart. They may be closer than you think. You are surrounded by love and protection.

Meditation: Find your calm center. Do you have a sense of a peaceful place or inner sanctuary? Bring that place all around you. Feel as though you are actually there. Invite a feeling of pure unconditional love to arise in your heart center. Like a star or sun, you let that love radiate out from your heart. If you are in a relationship imagine your loved one receiving your warm love light. If you are searching for your true love, send that vibration of love out into the world, knowing that it will find your soulmate and draw them to you.

VI

The Lovers

The Lovers

The Dream Seeker deck has three Lovers cards. Feel free to use one, two or all three cards. Couples, by their very nature, suggests a binary or duality. These cards may represent relationships with others or a balancing of opposites within ourselves, or both.

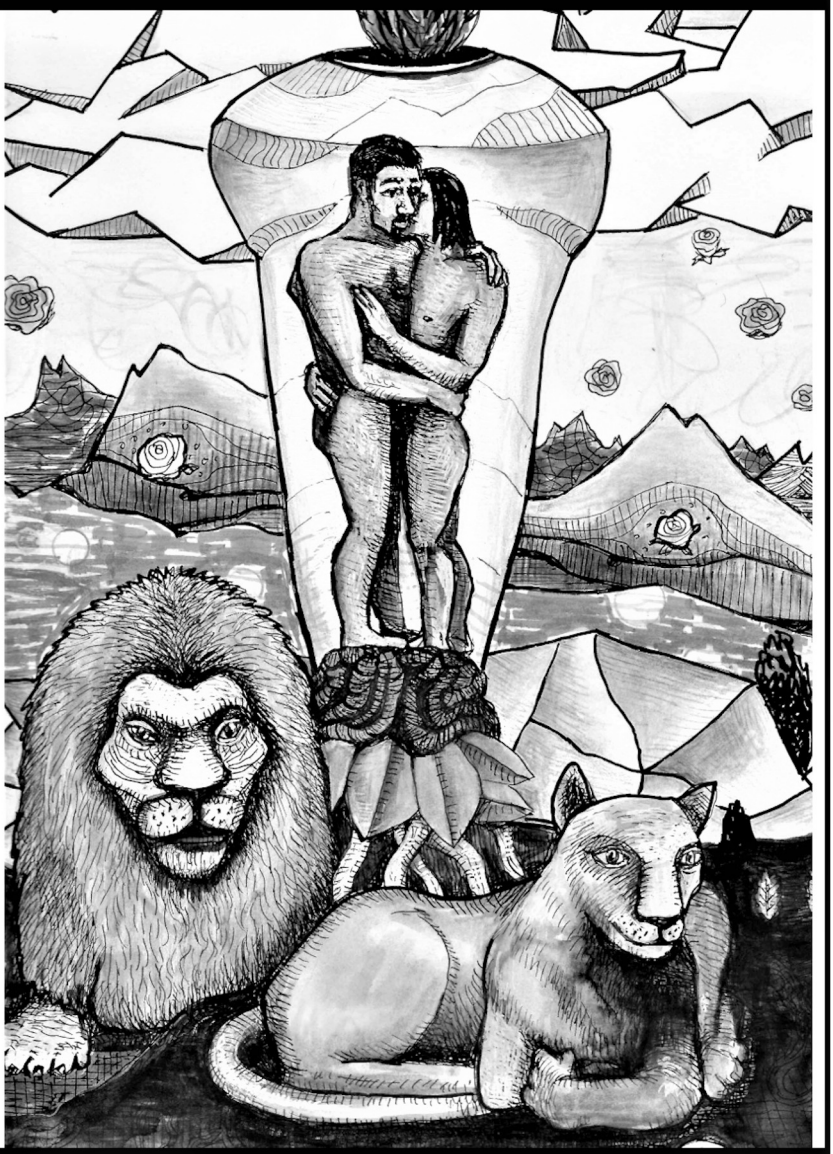
In this Lovers card, two men embrace within the protection of a bulb or tube-like structure. A fire vents out the top. Roots and petals grow down over the back of a lion. A fierce lioness guards the scene. Behind them, an ice blue geometric structure sits next to a fiery orange lava flow. Roses float in the yellow sky. Hard-edged clouds float above it all. The card is loaded with imagery of opposites and balance (hot/cold, hard/soft).

At times love may require fierce protection. Within us all are a multitude of feeling and states of being that we must learn to harmonize. Along with the usual opposites of male-female, yin-yang, hot-cold, are intellect and passion, action-rest.

Interpretation: If you are searching for your soul mate, keep an open mind and open heart. They may be closer than you think. You are surrounded by love and protection. Are you aware of the opposites within yourself? Are your masculine and feminine aspects in balance?

Meditation: Find your calm center. Do you have a sense of a peaceful place or inner sanctuary? Bring that place all around you. Feel as though you are actually there. Invite a feeling of pure unconditional love to arise in your heart center. Like a star or sun, you let that love radiate out from your heart. If you are in a relationship imagine your loved one receiving your warm love light. If you are searching for your true love, send that vibration of love out into the world, knowing that it will find your soulmate and draw them to you.

VI



The Lovers

The Chariot

In Dream Seeker Tarot, The Chariot is a modern three-wheeled motorcycle, driven by female road warrior. The chariot is idling and pumping flames out of its sides. A multi-petaled flower blooms in the night sky. A couple of sphinxes (black and white representing opposites) hold the place of headlight, guiding the way in the dark. A powerful engine is contained within this vehicle. The Chariot is revving and ready to go, but you must be sure which way you want to go. This is the moment of reckoning. The flower in the sky holds all possibilities. Seeds float down, full of potential. A warrior must be fierce, committed and ready to go. The vehicle hums with power. Once it gets going the driver will have to maintain control.

Interpretation: You have to decide which way you want to go. Your vehicle is full of fuel, and power, and ready to go. Options abound. You may have to depend on willpower and determination once you get going. The road is long and dark, but you are ready. The time has come to decide.

Meditation: From a calm and grounded center, settle your mind and body. Imagine yourself in a powerful vehicle ready to charge ahead. What needs to be put in place before you charge ahead? This is a moment charged with anticipation. What excites you? What is pulling you forward?

VII

The Chariot

Strength

In Dream Seeker Tarot, Strength is represented by a mature woman embracing a large bear. The bear is huge and powerful and could destroy her in seconds. The bear's prominent claws rest on her soft belly. However, Strength is completely calm and in control of the situation. Without fear, she holds the bear's jaw in her right hand as she embraces him with her left. An orange fiery sun emits its powerful rays over the scene. An iceberg and Orca float in a calm sea. The iceberg's reflection reminds us that most of its mass lies beneath the surface. The whale is also a large and powerful force that lives beneath the surface. Despite its calm surface the immensity of the ocean's power lies beneath it.

The number 8 turned sideways is the lemniscate, the sign of infinity. We stand upon infinite potential. To her right is a helpless baby protected by a dancing snake. We all possess strength deep within ourselves. That strength may be brute force, or it may be tamed and subverted into pure lifeforce, and used strategically to accomplish great deeds.

Interpretation: You may be facing tough times right now. You have the inner strength to come through it victoriously. Look around you and see that you are surrounded by powerful forces; the force of nature, the force of mind and spirit. Find that calm confidence, and implement what Buddhist call "skillful means".

Meditation: The meditation on page 10 is a good place to start. Once you have embodied the radiant light of Universal Consciousness you can summon additional inner resources.

One way you can do that is to remember a time in your life when you felt powerful. Remember the details of the situation. Remember how that felt in your body. Invite that feeling to fill your body with inner strength.

Another way to do this is to imagine someone who possesses the power and strenth you desire. Look at them. How do they hold their body? What is the look in their eye? Now, step into their body, and see how it feels to have those inner qualities.

VIII

Strength

The Hermit

The Hermit is perched atop a mountain. You cannot tell whether they are male, female, both, or neither. The Hermit is as old as time itself. The sun shines behind them. The sky is flowing with wavy lines, with smaller orbs floating against the pattern. There is no obvious stairway up to the top of the mountain. However, there is a stairway leading into a cave-like hovel. This is the way to enlightenment. One must go within, like The Hermit did. Only through single-minded practice and study does one ascend to higher consciousness. Self contained and complete, not afraid of solitude or isolation. The seeker thrive in this quietude.

Surround yourself with like-minded searchers. Seek out teachers and literature to support your spiritual search. While your healing and spiritual path is yours, and it requires an internal process, you don't have to do it entirely alone. You can go to retreats where you are surrounded by others on the same path.

Interpretation: Are you searching for meaning in your life? Have you found that you've had to isolate yourself? Perhaps you've have to leave behind the hustle and bustle of life. Perhaps you've had to let go of relationships that weren't nurturing your search for deeper meaning. Are you on a spiritual quest? The path can feel lonely at times. Trust that this path will bring you to deeper knowing, to wisdom. But also be sure to attend to your very real unresolved emotional needs. If isolation triggers feelings of abandonment or lack of self worth, take steps to heal these inner wounds.

Meditation: Central to most forms of meditation is the ability to follow your breath. Allow your breath to find its own rhythm. Allow your breath to breathe you. Follow the breath as it enters and exits your nose with relaxed focus. To calm yourself you can count the out-breaths. From 1 to 10. then start again. Meditation can be practiced in any position, sitting, standing, moving, or lying down. However, sitting upright seems to be the best posture for moving energy through your body. If you can sit in lotus, half or quarter lotus, that's great. You can also sit with your feet flat on the ground or floor. Sit with your spine straight and head tilted slightly in. Look at any image of The Buddha or a zen master. This posture allows the spine and chakras to open and allows energy to flow freely.

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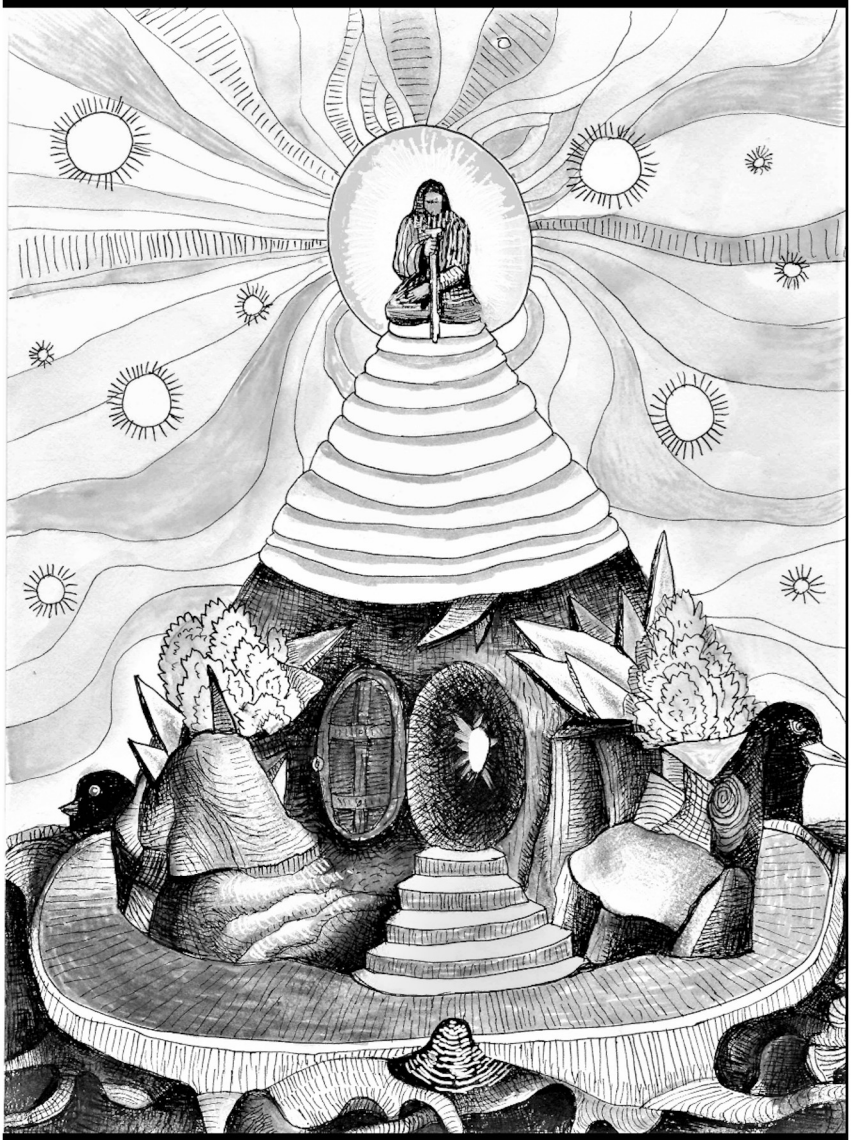


The Hermit

The Wheel of Fortune

The Wheel of Fortune is always turning. A moose-man holds the wheel aloft. In one hand he holds the Ankh, a symbol of life and renewal, and in the other, a skull, an image of death and permanence. The wheel spins as indicated by the arrows. The circle of life contains water, earth, fire and air, with the sun sitting in its centre.

In Buddhism the wheel of life and death is called samsara. Above the wheel or mandala sits a Buddha on a lotus. On either side of the wheel there is a snake (kundalini energy) and the Phoenix. In the purple sky we see the moon in its many phases. At the centre of the wheel of life and death, and at the core of each of our being, sits Universal Consciousness.

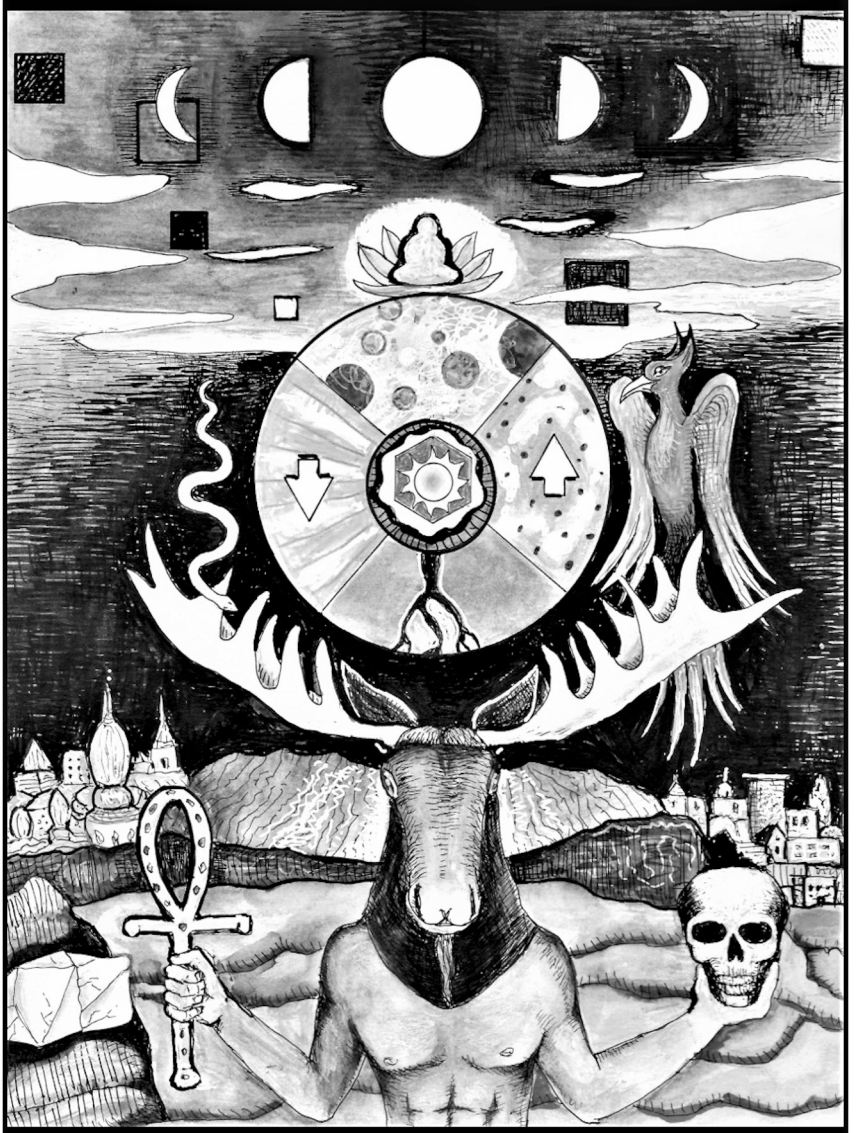
The wheel also represents the constant return of Karma, which is sometimes called The Natural Law. What goes around comes around. If you are experiencing difficulties, the sun will shine again, and The Phoenix will rise from the ashes. Similarly, if you are enjoying good times, know too that all things come and go. To everything there is a season, turn, turn, turn…The only constant is change, impermanence. At the center of that wheel is the sun of Universal Consciousness.

The wheel shows us that we are part of a continuum, part of an interconnected world that is constantly unfolding. We can control things in small ways but true mastery involves surrender and tuning into the light that glows at the center of our being.

Interpretation: Are you ready for Fortune to smile on you? Are things moving quickly and shifting before your eyes? Can you find a calm center in all of this? Do you find certain patterns (relationships, jobs) repeating? Is there an underlying belief at the core of that experience? Take a moment to examine your motives, your urges. Are you connected to your higher self? Are your actions coming from a centered, grounded place?

Meditation: Find your calm center. Imagine you are at the center of a number of cencentric circles. Within the immediate circle you see your immediate family, friends, anyone you consider in the inner circle of your life. Beyond that in the next band you see your community, then your neighbourhood, your town or city, state or province, country, etc. Allow yourself to expand out. If you allow yourself to have a bird's eye view you will see there are no boundaries, all things are connected and flow into each other.

X



Wheel of Fortune

Justice

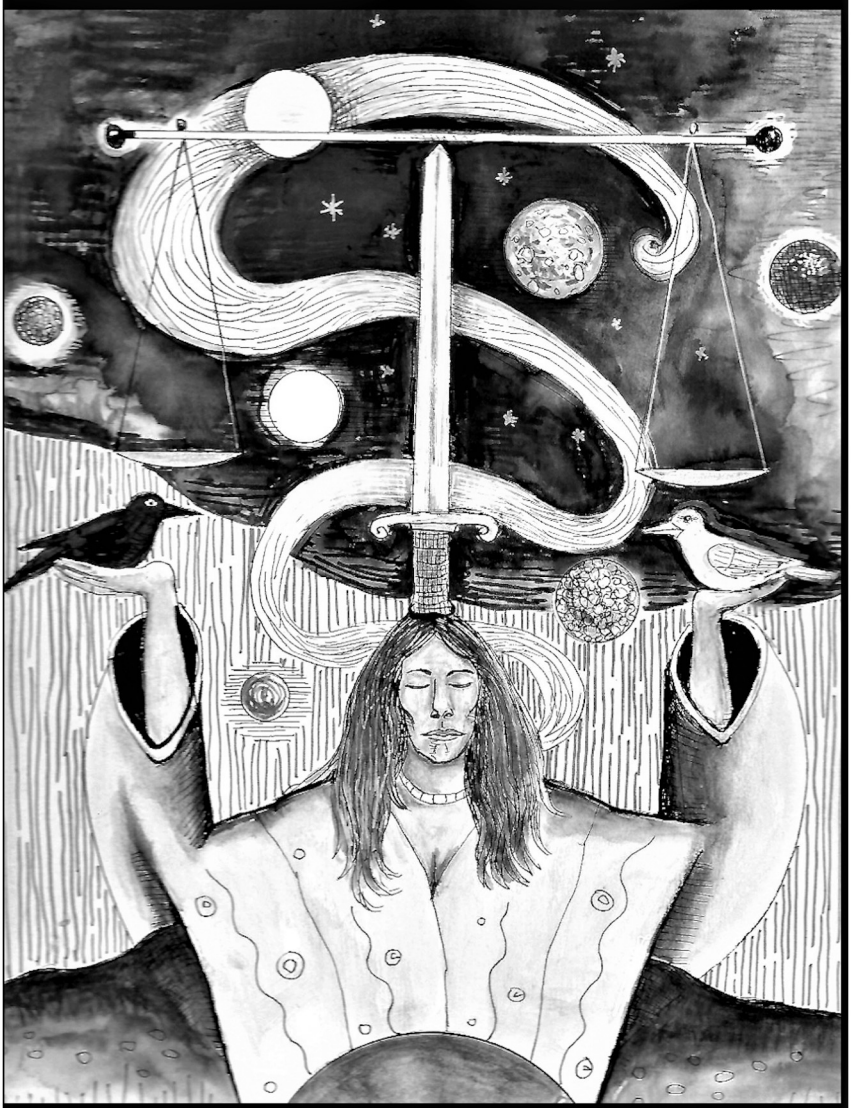
This is Justice. She lives in harmony with the Earth, planets and the Universe. The scales of justice balance upon the sword of righteousness. In one hand a black bird sits, while in the other, a white bird is perched. Everything is in perfect balance. But this balance requires focus and concentration. Planets hover while Universal Counsciousness, in the form of a white swirl, flows from the Heavens into her. Justice wears a robe of green and stands before the Earth as her witness and protector. Anything that unsettles the perfect balance and harmony will throw things out of whack. Her eyes are closed as she focuses inward, and concentrates, to keep all things in perfect balance. The preceding card is the Wheel of Fourtune. It speaks of Karma and the cycle of return. Justice is the implementation of those natural laws. Justice is not judgement. Just as a ship tilting starboard will need to shift back to port side to right itself.

Interpretation: Do you, or does your life, feel out of balance? Find your center and inner focus. Harmony is the natural state of The Universe, although it often doesn't feel that way.

Are you involved with a legal matter or challenge? Justice is on your side and your story will be heard with receptive ears. Justice is about the outing of Truth, which is often more nuanced and subtle than we would like. What is fair?

Meditation: Take a moment to center yourself. Sit or stand with your feet planted firmly on the ground. Feel into your body. Notice how the left side of your body feels, from top of head down to your toes. Now notice how your right side feels, from head to toe. Bring your awareness to the center of your body. Imagine a rod of light from the top of your head (crown chakra) down to the base of your spine. Invite that light to expand out from the center in equal measures left and right, back and front. Let the light flow up to the top of your head and down beneath your feet. Feel the warm light expanding in a gentle balanced flow.

XI



Justice

The Hanged Man

The Hanged Man dangles between two trees. On the ground below him rests a crystal, protected by a snake. He can almost reach it. Almost, but not quite. In the trees are cocoons. The Hanged Man is suspended, but is not distressed. He is stuck but knows that turning inward and focusing on this “stuckness” will free him. What ideas or beliefs have brought you here to this complete stalemate position?

The butterflies remind us that immobility and dormancy are required for transformation to occur. This is a classic "between a rock and a hard place" situation. You have no choice but to surrender into the moment and learn what you can from it.

Interpretation: You feel stuck. It's a good time to examine the beliefs and ideas, which may have led to this dead end or stalemate. The crystal of beauty and spiritual wisdom lays just out of reach. But transformation is available to you. Surrender to the situation, but do so with mindfulness. Your awareness will free you.

It may be time to confront an unfavorable situation. Perhaps there are conversations you want to avoid. Is the coiled snake a danger to you or is it kundalini waiting to rise up and transform the situation?

Meditation: Find your calm center. Bring your mind into your body. Scan from head to toe? Do you sense any blocks? Do you feel tension or emotional stagnation? Using your intention, bring your awareness into any blockages. You can imagine the blocks surrounded by loving kindness. Feel what it would feel like to have the blocks dissolve in loving kindness.

XII

The Hanged Man

Death

Death is the most feared and misunderstood card in the Tarot deck. It doesn't usually refer to physical death. Transformation can be painful, gut wrenching, mind bending. It can feel like death. Death wears a fiery crown. Is that the sun or a halo around his head? An eagle perched on his shoulder. The river of life flows by as bones and fallen buildings litter the way. The serpent of kundalini is wrapped around Death's leg. The creative energy rising, even in death. Every act of creation starts with some form of destruction, some form of tearing down. A small mountain, not unlike the hermit's home, can be seen in the background.

Interpretation: It is time for a major change. It might feel like death. Allow yourself to grieve this loss (all loss is a small form of death). This might mean the end of a relationship, a friendship, a job, or living situation. Is there something you have been holding on to for too long?

The scythe that Death carries is a message to harvest the fruits of your labour, prepare for something new. Let go of all that is dragging you down. Trust that the Universe will provide.

Meditation: Find your calm center (you can use the meditations on page 10 and 12). What inner resources are needed to face the changes occuring in your life right now? Think of a time in your life when you felt these resources (courage, determination, discernment, vigour). Remember the situation and ask for those same feelings to be present in your body right now.

Or you can think of someone you know or admire with thise qualities. Look at them. How do they hold their body, is there a look in their eyes? Now step in to them as though you are playing a role. Feel how those qualities feel within you. Ask for those qualities to soak into your body-mind.

XIII

Death

Temperance

Temperance is the unification of opposites. Dark and light, male and female, cold and hot. The warm fiery cloud in the sky, which looks like an eye, is reflected in the shape of the puddle that they are stepping into. As above, so below. On their chest you can see the Taoist yin-yang symbol. Everything is flowing and shifting back and forth, in perfect balance. They are pouring a liquid from a bottle to a glass, suggesting the continuous flow of energy and the interconnection between all things. This also suggests alchemy, the blending of elements to create something new and synergistic.

Can you see both sides of the issue at hand? Can you step into the other's shoes? Temperance is standing on the Earth and stepping into the water, balancing reason with feeling. All decisions are tempered with a calm mind.

Interpretation: This card indicates balance, peace of mind, a relaxed flow of energy and emotion. You are able to see all sides of an issue and make decisions based on sound reasoning. If you are in a relationship, things are easy going and harmonious.

Meditation: Stand or sit with your feet planted firmly on the floor. Lean to one side and feel all your weight on this side. Set the intention that your body's energy or chi is flowing down into the Earth. At the same time become aware that energy is rising on the opposite side of your body. Then slowly shift your weight to the other side and notice how your energy flows downward on that side while rising on the unweighted side. Shift back and forth a few times then settle into the middle with your weight balanced evenly between the left and right.

XIV

Temperance

The Devil

THE DEVIL has been likened to Pan or Baphomet. He is fire. He is rage, uncontrollable desire. He is the shadow. Like the death card, The Devil is misunderstood and feared. He sometimes takes the path of least resistance. He likes pleasure. The wilder the better. Anything taboo. He is willing to explore the deep dark cave of the sub-conscious. The Devil is sensual and sexual, embodying the creative and procreative impulses.

The keeper of the fire, which can be transformed into passion and drive. Look in the sky, a rocket is fueled with raw energy. Beneath the ice, magma flows. The fiery core of the Earth flows through his veins.

We can be burned in the flames of our own making, or we can harness the power to blast off to new heights.

Interpretation: Is there something hidden within your subconscious that's affecting your life? It might be time to face it? With gentle curiosity and compassion, you can explore this "darker" shadow side. Are there impulses you have trouble controlling? Have you become someone's scapegoat? Almost all human behaviours have a positive intent. What was its original purpose. What were you trying to achieve through this action or behaviour? Is there a healthier way to achieve this?

Meditation: You can use the meditation on page 10 to feel centered and grounded. Imagine in your mind's eye a peaceful place or inner sanctuary. Imagine and sense all the details of that place, as if you were really there. How does that feel in your body? Bring that peaceful place into every cell of your body. From this calm center, scan your body from head to toe. If you feel any discomfort or pain or blockages, bring a sense of loving kindness to those places. Whatever thoughts and feelings arise surround them with loving kindness like a comfortable blanket around the shoulders of a child.

XV

The Devil

The Tower

The Tower looms over The Fallen. A pile of bodies lay on the ground in front of The Tower. Beneath the Earth's teethlike stones is a beast or monster, but that monster looks more startled than fierce. A plant can be seen growing in the bottom right corner. Even in the bleakest situation, a ray of hope appears. Life-giving energy abounds, even in the midst of catastrophe. Rising above this scene, an owl hovers. Wisdom and transformation prevails.

This card tells of great upheaval. Depending on where it sits in your reading, it may indicate tragedy and trauma in your past. Or perhaps you are in the midst of upheaval and uncertainty at this very moment. Are you on a destructive path? If so, this is a message to alter your trajectory.

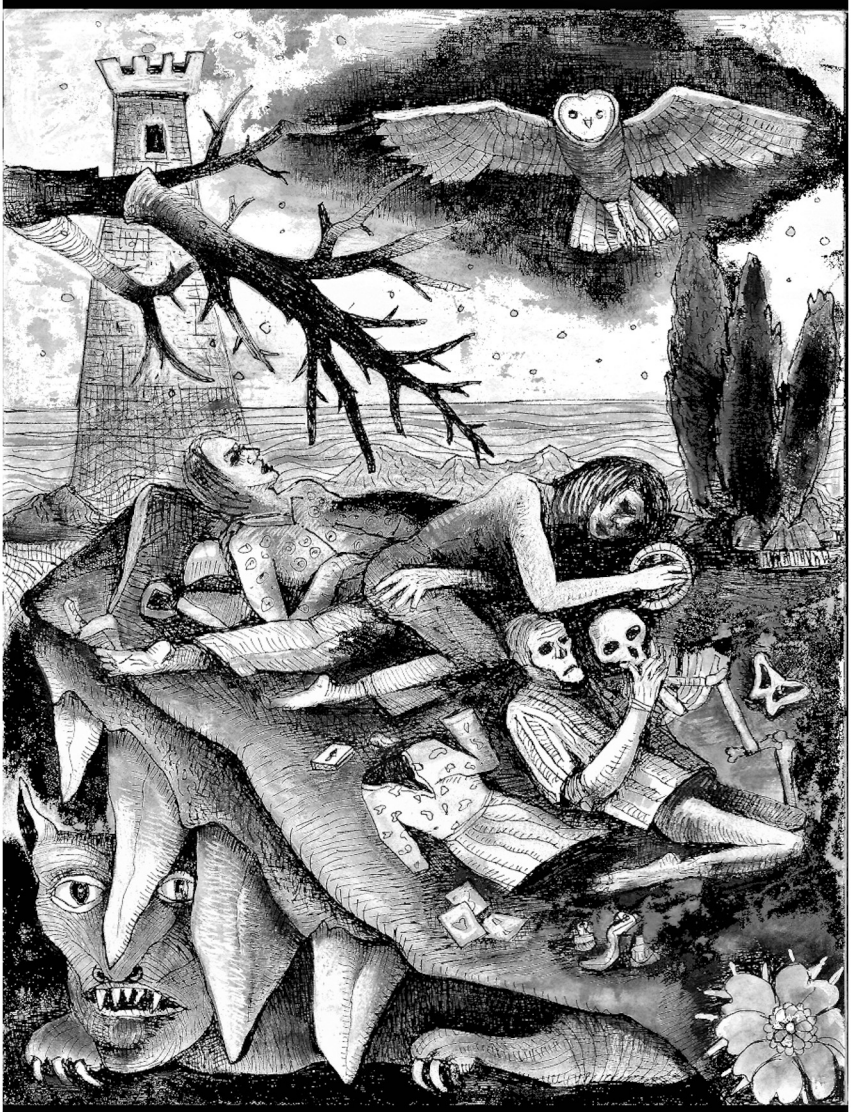
There have been a lot of developments in trauma research and healing in the past couple of decades. There are many compassionate healers and therapists available to help us navigate through difficult times. Many of us will try to heal on our own, but please know that seeking out help is not a weakness but a strength.

Interpretation: Are you in the midst of upheaval? Does it feel like your life is falling apart? Transformation and transition can often feel traumatic or cataclysmic. Can you find a calm center within the storm? If the changes feel too much for you, please seek out help from a healer, therapist, or spiritual guide.

Meditation: You can use the basic meditations on page 10 and 12 to establish a calm center. Once you have embodied the Universal Light and found your pleaceful place, you can ask inside for what other inner resources you need in the current situation. Inner resources are qualities that all humans possess (potentially) and not something anyone else can give or take from you. Qualities such as courage, determination, discernment. There are various ways to access those qualities. You can remember a time in your past when you fully embodied those inner resources. Remember the situation and how that felt to possess those qualities.

Another way is to think of someone, real or imagined, who possesses those qualities. See how they hold their body. If it feels right you can step into their body as though you are stepping into a costume. Notice how that feels. Ask for those qualities to find a way to be present in a way that is harmonious with your whole being.

XVI



The Tower

The Star

The Star is sometimes called The Star Goddess. She is seen as a young woman, a conduit for Universal Consciousness, which flows through her crown chakra and down through her body to the Earth plane. In one hand she holds a jug with an infinite flow of water and in the other a vessel with the continuous flow of milk or nectar. In this way, body and mind are both nourished.

The Star kneels on the Earth with her right foot in a pool of water, representing the solidity and materiality of the Earth and the deep pool of intuition. She is young and naked. Completely comfortable in this world. A large purple orb sits on the top of the hill, and represents potential.

Interpretation: Everything is now available to you if you allow life energy to flow. This may require some personal work, to clear your mind, emotions, and body, so pure consciousness can flow through. Now is the time of wonder and discovery. Hard times have been endured and you feel a renewed vitality and the freshness of Spring. If you need guidance from above, it is there, like a star in the night sky.

You have a giving nature and want to spread joy and love to all you encounter.

Meditation: How do you embody the spirit of youth and Springtime? From a calm and grounded center, begin to move your body from the felt sense of Springtime. You are free to move in any way that feels good to you. There is no right or wrong way. Tune in and let the movement flow. If it helps to play music, choose something that represents the bouyancy of Spring.

XVII

The Star

The Moon

The MOON hovers in the night sky. Along the horizon, we see a mountain range that look like teeth, which reminds us of the dangers of the subconscious, or unconsciouss mind, where convoluted beliefs may hide.

Below The Moon, in a pool you can see a crab climbing out of the water. On it's back it carries the sun. The Moon's glaring white light is reflected in the water. Out of the primordial pond our ancient mind continues to crawl. On either side of a winding path you can see a dog and a wolf, barking and howling at the darkness. Basic shapes like circles, squares and triangles float. They are the basic building blocks of all other shapes.

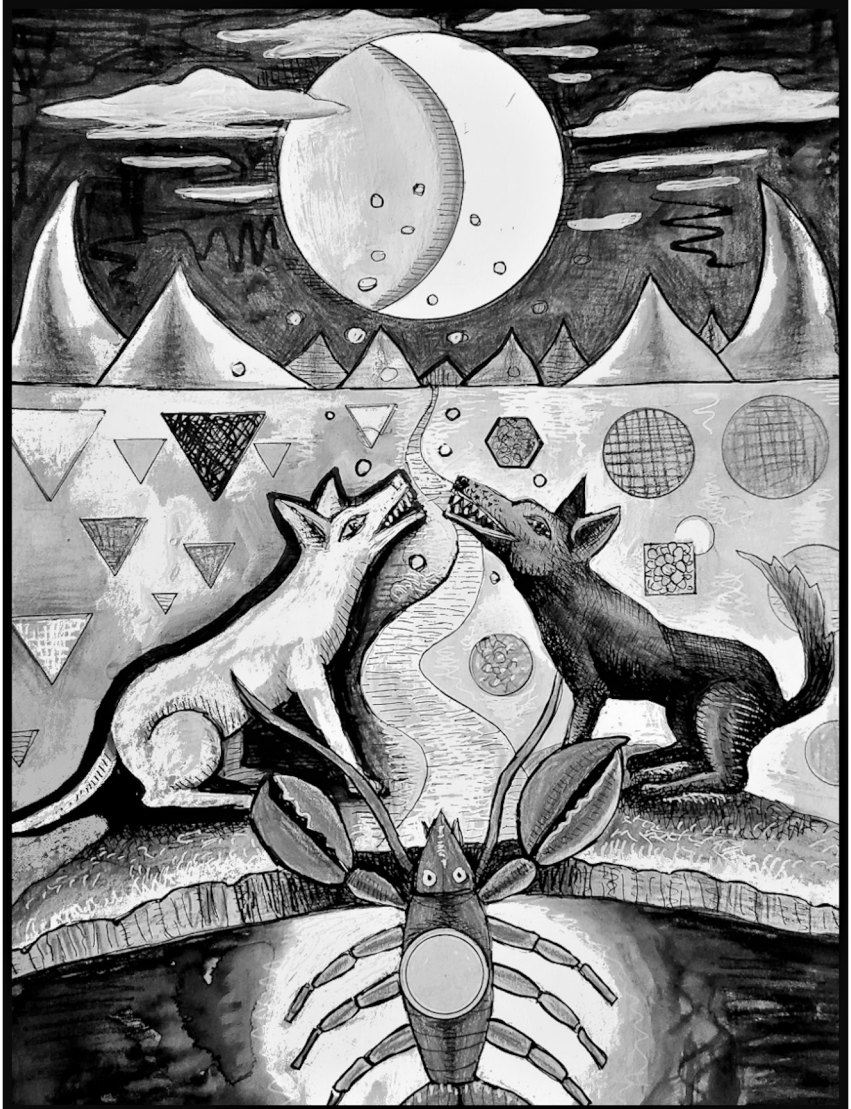
The Moon card represents the world of half light. In this card she is both full and waxing. The sun which reflects off her surface can also be seen on the back of the crab, and is echoed in the circles that float above the land. A shining path leads past the domesticated dog and the wild wolf to the valley of sharp teeth. Mystery beckons. The intoxicating perfume of night is seductive. Dreams, visions, and magic, are afoot. But in this light, you can only partially see what is true.

Interpretation: Deep feelings buried beneath the surface of your awareness may be impacting your life right now? Is some long forgotten fear lurking in the shadows? Be careful not to fall for illusions and trickery.

Meditation: Use the meditaitons on page 10 and 12 to ground yourself. If you can, sit outside when the Moon is visible. See if you can feel the influence of the Moon on your body, mind and emotions. Different phases of the Moon will feel differently to you. The New Moon is a great time to set your intentions for the coming month, while the Full Moon is a great time to review your progress.

Tune into the divine feminine, intuition and magic, represented by The Moon.

XVIII



The Moon

The Sun

The SUN shining gloriously in the heavens, is the source of all life on Earth. Below are two winged children, dancing. They are full of joy and potential. They are drawn in black and white (except for their wings) to show that they are still in the process of becoming. The small mound behind the children and below The SUN is similar to those found in other Dream Seeker cards, and is a familiar sight in alchemy.

Above, partly visible, at the top of the card, is the Sun behind the Sun. The source of all things including the stars, Universal Counsciousness, the creative impulse. A new day has dawned. Time to be active and productive. Everything can be seen in the full light of day, unlike the half light of The Moon.

Interpretation: You are the life of the party. The lively dancer bringing joy to others. Life is full of potential. Now is the time to start a new project. Or if you've been working on something for a while, it will come to fruition very soon.

if you are looking for a partner, you will find them soon. If you feel like celebrating, get up and dance.

Meditation: Use any of the meditations already mentioned in this book to ground yourself and find your calm center. Now, you can stand up and explore the feelings in your body through movement. Explore dance-based processes like authentic movement and 5 Rhythms to free up your body with spontaneous movement.

XIX

The Sun

Judgement

Now is the time for Judgement. An angel hovers in the fiery sky with his horn. A karmic knot can be seen in the bell of his horn. His wings have eyes, suggesting that nothing escapes the final judgement, or the law of karma, which is often referred to as the Natural Law. These eyes also echo the eyes in the sky in The Dreamer card.

A man, a woman, and a child, are rising up within a hexagonal tomb, releasing doves into the sky. The mountain of wisdom rises in the distance.

While the Justice card represents the balancing of matters on the Earthly plane, Judgement refers to a spiritual transcendance, a resurrection, a rising up from the past, to embrace a higher knowlege or wisdom.

Interpretation: You have arrived at a crossroads. You have some crucial decisions to make, which require the perspective of a long view, a bird's eye view. Connect with your higher self or your intuition. It's time to rise above the barriers that have contained you in the past. It's time to release the doves. Surrendering to a broader perspective will allow you to see clearly.

Meditation: Once you feel centered and grounded, imagine you are perched high above on a mountain top or hovering above a familiar landscape. How do things look from above? You can choose to go higher to get more perspective or lower to get a closer view. This is particularly helpful if you feel that you are too close to an issue, to fully understand it, or to have perspective.

XX

Judgement

The World

The World is represented here by the The World Tree, sometimes called the Tree of Life, which appears in many of the world's mythologies. Growing out of a light filled globe, the tree rises up through the Universe. The mound which appears in many of the Dream Seeker cards is at the center of the blue globe (Earth) sitting on a yellow disk. Around the disk is the ouroboros, representing the eternal cycle of life, death, and rebirth.

The World Tree is an image of completion or new beginings. A significant cycle has come to its natuarl conclusion. What is next?

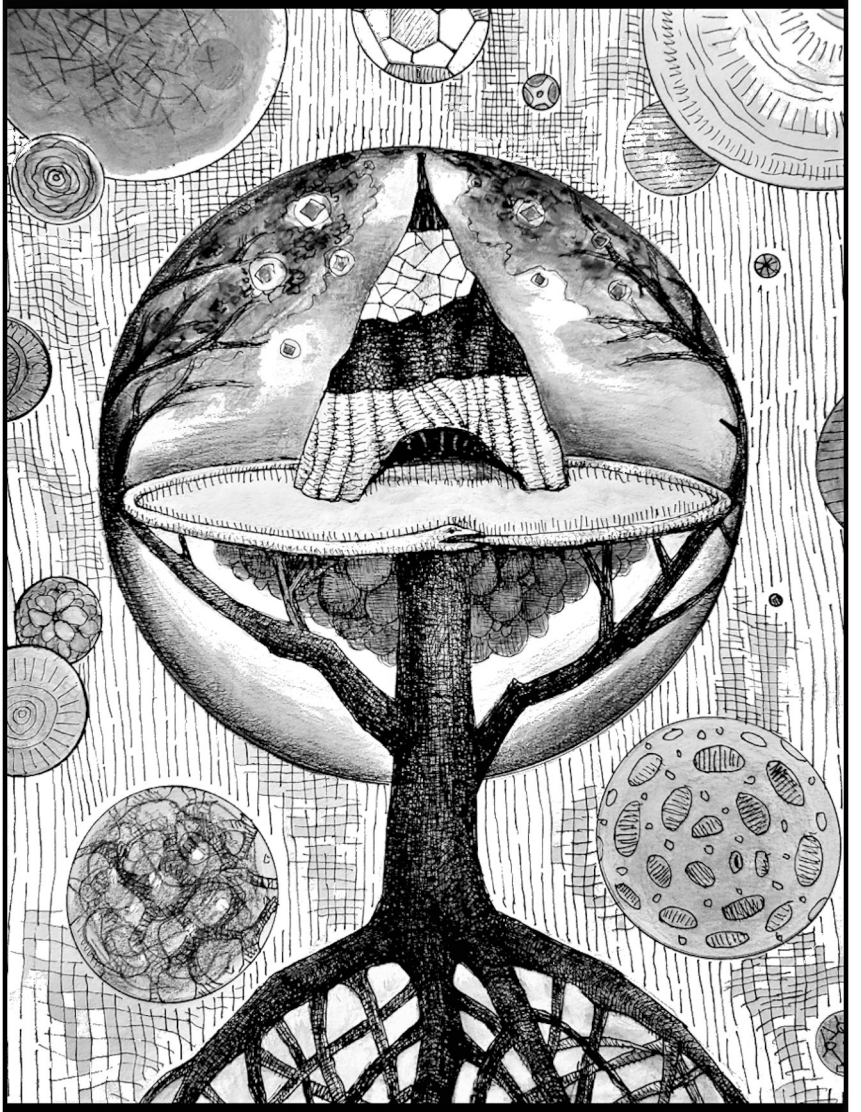
The microcosm reflects the macrocosm. The universe is contained within a single cell. The physical world is limited but supported, influenced, and suspended, within the Cosmic Consciousness.

How does it feel to be connected to All That Is, the vast interconnected network of the Universe?

Interpretation: Everything that happens is connected to everythnig else. Can you see the interconnectedness of all things? Can you connect to that feeling of Oneness? Something is coming to completion in order to allow something new to arise. Can you see beyond the limitations of your current situation, to see the larger picture? Know that the Universe supports you and provides all you need in this and every moment.

Meditation: Settle your body and mind. Allow your breath to find its own rhythm. Allow the breath to expand down into your belly. Feel the rhythm of opening and closing as the breath fills your lungs and belly. As your breath expands, allow your awareness to spread out beyond your body, into your etheric field or aura. If it feels comfortable you can allow your awareness to keep expanding out into the space around your immediate environmnet and beyond.

XXI



The World

The Court Cards

King of Cups

The King of Cups is an emotionally grounded, wise and compassionate father figure. He balances mind and heart in all he does. The King of Cups avoids drama, and when emotions flare, he is able to sit calmly and observe. The King of Cups lives in the emotional realm and isn't afraid to talk about difficult or sensitive topics, which he does with empathy and compassion.

As a King, he is a benevolent leader, but a leader nonetheless. The King of Cups possesses maculine, fatherly energy. He will not hesitate to reach out and hold you, when comfort is needed. On the other hand, he is not overly demonstrative.

Interpretation: Trust your own feelings and beliefs. If there is a lot of drama around you, take a deep breath, ground yourself (feeling your connection to the EARTH). Allow the chaos and drama to swirl around you, as you become the eye of the storm. Respond with compassion and empathy. Listen to all sides of the story or situation. Be honest about how you feel, in a sensitive way.

If the King of Cups is not you, then he may be a teacher, mentor, father figure, or leader in your life.

Meditation: Sit upright with your palms on your thighs, in a Warrior pose. Smile a half smile, and exude benevolent warmth. Allow your breath to find its own rhythm, as if the breath is breathing you.

Feel your connection to Earth. From the bottom of your spine or bottom of your feet (or both) feel roots of energy going down into the Earth. Feel the magnetic pull of the Earth. Next, focus on the top of your head. Feel a warm light beaming down in through your "crown" down through the core of your body. Have a sense of that light expanding out from the center, through all the bones, muscles, and organs of your body. You can imagine that you are a balloon filled with light. Straighten your spine and tilt your chin down slightly, as if you are holding a lemon between chin and neck. Feel your own gentle power. Feel the energy of the Universe moving through you, downward into the Earth, and out into the world around you. Let your smile light up the room.

King of Cups

Queen of Cups

The Queen of Cups is a loving, grounded, motherly figure. She possesses high emotional intelligence, and can feel into others (as an empath) without taking on the feelings or struggles of others. She has strong boundaries yet exudes compassionate wisdom. In her presence, others feel safe and can open up emotionally. The Queen of Cups can take it all in, and intuitively respond.

While the King of Cups is skilled at balancing the heart and mind, the Queen of Cups is entirely heart-centred, so there is no tension between thought, feeling and beliefs. Everything is in flow and harmonious. While the King may take a moment to reflect and consider all sides of a situation, The Queen perceives the truth of the situation intuitively. She "just knows".

Interpretation: You're being called to open to your own emotional “knowing”. Don’t be afraid to support others with an open heart.

If the Queen of Cups is not you, then she is a loving, caring, motherly person in your life. Someone with authority and agency. A healer, a nurse, a teacher or grandmother. You’ll know who she is because you will feel completely comfortable in her presence. Your guard will drop.

Meditation: Feel your connection to Earth. From the bottom of your spine or bottom of your feet (or both) feel roots of energy going down into the Earth. Feel the magnetic pull of the Earth. Next, focus on the top of your head. Feel a warm light beaming in through your "crown" down through the core of your body. Have a sense of that light expanding out from the center, through all the bones, muscles, and organs of your body. Imagine that you are a balloon filled with light. Straighten your spine and tilt your chin down slightly, as if you are holding a lemon between chin and neck. Feel your own gentle power. Focus your energy on the center of your chest (your heart chakra). Allow that warm light to gather there. Let your smile light up the room. Allow that loving-kindness energy to flow out from you into the world around you.

Queen of Cups

Prince of Cups

The Prince of Cups is gallant, vivacious, and romantic. A poet. Charming and kind, with compassion and empathy for others. The Prince of Cups is in touch with his feminine side, unafraid to speak about feelings or his inner experiences. Popping out of his cup is a snake, a symbol of kundalini, the lifeforce energy that rises up the spine. It is the energy of creation and procreation.

The Prince is a man of action. He doesn't sit idly by the hearth longing for love. He is out there, active and engaged with the world. He is on a mission to bring beauty, peace, love, and understanding to the world.

Interpretation: The Prince of Cups encourages you to make your vision or dream a reality. It doesn't matter if you don't fully reach your goal, the pursuit of the goal is what it's all about. A journey filled with romantic and passionate enthusiasm. Give yourself over to Life.

Meditation: Feel your connection to the Earth and your connection to the Universe. Sense lifeforce energy pulsing through your veins. You are part of the flow, the continuum of life, always creating and recreating itself. Imagine or sense yourself connecting to that flow, what does it want to create? Where is your heart leading you? If you could do anything, with no restrictions, what would that be?

Prince of Cups

Princess of Cups

The Princess of Cups is a lively, vivacious spirit. A dancer, an artist expressing her inner self with abandon. A fish suprisingly pops its head out of the cup she holds in her right hand, and flies through the air into her other hand. She is in touch were her emotions and intuition. She is free from jealousy or possessiveness. She represents emotional freedom and youthfulness. The Princess dances on the back of a turtle, who balances a large jewel on its nose, the rewards of her endeavour.

In some decks, she is known as The Page.

Interpretation: The Princess of Cups encourages you to live freely, without jealousy or envy. She encourages you to express your genuine self, and to get in touch with a deeper sense of intuition and creativity. Now is the time to start something new; an art class, writing in a journal, tango lessons. Whatever sets your heart to dancing.

Meditation: Feel your connection to water. Feel the energy of the Universe pulsing through your veins, and allow yourself to dance freely. Let your spirit express itself with abandon. Connect to the child within you, that pure joyous consciousness.

Princess of Cups

King of Wands

The King of Wands is a visionary, charismatic leader. With a fiery sky behind him and small flames alight on his throne, he is full of passionate fierceness. Fire burns away all doubt. The lizard sheds its skin and springs into action.

The King of Wand isn't interested in making or creating things on his own. He enlists skillful workers to create his vision. He is comfortable in the role of leader. He can see the outcome and will not stop until he achieves it. Others are happy to commit to the cause because the King is confident and certain about his vision.

Interpretation: You are being asked to step up and become a leader. Trust in your vision, and enlist the help of others to make it happen. Otherwise, the project will faulter without your determined leadership. An opportunity is manifesting for you and you feel confident to take it on. You are crucial to the success of this undertaking.

Meditation: Feel your connection to The Earth. Feel the fire from within the Earth, rising up through your feet, into your body. This is the transformational fire that burns away all doubt. Hold a vision of your project or goal in your mind's eye. Can you get a felt sense, in your body, of what that achieve-ment would feel like. You are teaching your body-mind that your desired outcome is a reality.

King of Wands

Queen of Wands

The Queen of Wands holds a sunflower as a wand, and pets a black cat that sits on her lap. This Queen is gregarious and outgoing. She easily holds court with all types of folks. The Queen of Wands, like the King, is a born leader. She can rally the troops, and inspire them to trudge on through any adversity or set back. The Queen can instill confidence, power, and a sense of agency, in those around her.

The Queen of Wands is both cheery (as the sunflower suggests) and dark (as the black cat connotes). Beneath a warm and vivacious exterior, lies her shadow side. The Queen is comfortable plumbing the depths of her own psyche. She knows herself through and through, and uses her whole being, all parts of herself, to achieve her goals, and that endears her to others.

Interpretation: You are being asked to express yourself fully. Persue your goals, and allow yourself to be the center of attention. It's ok to show your shadow side once in a while. Don't hide away the depths of your being. Your charm and natural beauty will carry the day.

Meditation: Feel your connection to The Earth. Feel the fire from within the Earth, rising up through your feet, into your body. This is the transformational fire that burns away all doubt. Hold a vision of your project or goal in your mind's eye. Can you get a felt sense, in your body, of how that achievement would feel? You are teaching your body-mind that your desired outcome is a reality. Visualize, or sense, all those involved with the project, glowing with satisfaction. Together, your success makes everyone stronger and more grounded.

Queen of Wands

Prince of Wands

The Prince of Wands is bold, impulsive, dynamic, and youthful. He is ready to dash courageously into danger in pursuit of his dreams and goals. Enticed by adventure, he knows that excitement and growth are waiting further down the line. While the King is knowns for including others, the Prince is more likely to dash off on his own. His enthusiasm is infectuous, which usually attracts others to follow him on his journey, if they can keep up. Being action-oriented, the Prince may charge into the fray without thinking, trusting that he can handle any situation as it arises, and that is usually true.

Interpretation: You are excited about a new, or current project, and ready to dash headlong into action. Take a moment to consider whether this project or endeavor truly aligns with your long-term goals, and whether it needs to be undertaken right this moment. If you assess that it does, then, charge away. If you are uncertain, take the time to reassess. When you are truly ready, proceed with vigor.

Meditation: Feel your connection to the Earth. Feel the fire from within the Earth, rising up through your feet, into your body. This is the transformational fire that burns away all doubt. Hold a vision of your project or goal in your mind's eye. Can you get a felt sense, in your body, of how that achievement would feel?

Prince of Wands

Princess of Wands

The Princess of Wands is dancing freely as she balances on her staff. An ominous shadow is cast below her, representing fear and uncertainty. The Princess is fulll of energy and dreams. While the other court cards represent the undertaking and completion of goals, the Princess embodies the Springlike energy of new life. The Princess is a dreamer, aware that a plethora of possibilities arise in each moment. She balances on her staff, looking off into the distance, assessing the situation before she commits to a new project. The Princess is the youngest of the court cards. A novice or rookie. In some decks, she is known as The Page.

Interpretation: You are on the threshold of a new endeavor. Many new opportunities may be appearing in your life - creative and spiritual. You are full of enthusiasm. Take your time before you commit. Once you know for sure, be confident and courageous as you explore this new terrain.

Meditation: Take a few deep breaths until you feel as if your breath is breathing you. There is nothing you have to do but allow the breath to enter you and create expansion within your body, mind and soul. Now feel your connection to the Earth. Allow roots to grow down deep into the Earth. Feel the new life of Spring coming up from the Earth into your body. Is there some new adventure you'd like to embark upon? Can you see yourself doing this? Can you sense how that would feel in your body?

Princess of Wands

King of Disks

The King of Disks is a master of abundance. He is successful in business and all financial matters. A wealthy provider for family, friends and community. The King is also knowledgeable in various matters including science and medicine. He is a mentor, an advisor, a true leader. He knows that self-discipline, control, and unshakable confidence, is key to continued wealth and abundance.

The King holds the scepter of power in one hand, and a gold disk, suggesting a large coin, in the other. His left foot rests on the head of an animal. The King has learned to master all his creature urges, he has self-control, which enables him to keep his focus on the long-term outcome.

Interpretation: You are ready to take an idea or concept and make it a reality. Once you've determined a course of action, stick with it. Keep your eyes on the prize, the long-term outcome. Stay the course.

The King might be an advisor, mentor or investor who supports your project. He is used to sharing his advice and opinions, so be prepared for honest, constructive feedback or advice.

Medititation: Take a few deep breaths until you feel like the your breath is breathing you. There is nothing to do but allow the breath to enter you and create expansion within your body, mind and soul. Now feel your connection to the Earth. Allow roots to grow down deep into the Earth. Feel the new life of Spring coming up from the Earth into your body. Place your palms on your thighs in the Warrior pose. Spine straight, chest out, chin tucked in slightly. Feel yourself presiding over your life as if it was an estate, seeing the gardens and orchards abundant with flowers, fruit and vegetables.

King of Disks

Queen of Disks

The Queen of Disks is skilled at balancing work with her home life. She is wildly successful in her chosen vocation. She has achieved a level of success that guarantees a rich and abundant lifestyle. However, home life and family are also very important. The Queen of Disks shows her love easily, She loves to entertain and prepare lavish meals for family and friends. She invests energy in her community and puts her professional skills to work to create abundance and security for all those in her community. The Queen has learned, through her own experiences, that self care is important. Nutritious food, time to pursue her own passions, exercise and spiritual practice, are all important and contribute to her success.

The Queen might be a motherly figure in your life, a teacher, counsellor, life coach. Someone who supports you while you work to overcome your challenges.

Interpretation: You are a strong, self-reliant person, skilled at balancing your work life with your home and personal life. You are typically the "hostess with the mostest". You share your wealth and abundance freely with family and friends.

Have you been driving yourself too hard, ignoring your own health and personal happiness? The Queen of Disks asks you to attend to your own needs, and by doing so, you will be stronger and more grounded, to support others around you.

Medititation: Take a few deep breaths until you feel like your breath is breathing you. There is nothing to do but allow the breath to enter you and create expansion within your body, mind and soul. Now feel your connection to the Earth. Allow roots to grow down deep into the Earth. Feel the new life of Spring coming up from the Earth into your body. Imagine the Great Mother standing behind you. She reaches her arms around you or places them on your shoulders. You can feel her great love, and a deep sense of security encompasses you.

Queen of Disks

Prince of Disks

The Prince of Disks is the hardest working Tarot in the deck. Detail oriented, determined, and persistent, he stays on task until the goal has been reached. The Prince can patiently navigate the red tape labyrinth of business and government. He has established a course of action, and methodically completes each task. The Prince is not the most exciting court card, but without him, many projects would falter. The Prince of Disks has a deep connection to the material world. He knows how to get things done.

Interpretation: You are being asked to stay the course. You have a job to do, which may not be exciting or high profile, but it's completion will guarantee the advancement of your goals. You know how to get things done, one step at a time.

Medititation: take a few deep breaths until you have a sense of your breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Into your chest at first, then down into your upper abdomen, further yet, into the lower abdomen, and finally, allow the breath to fill your pelvis. With each in-breath, you are expanding out into the world around you, then gently contracting on the out-breath. Allow roots to grow down into the Earth and feel your connection to the material world.

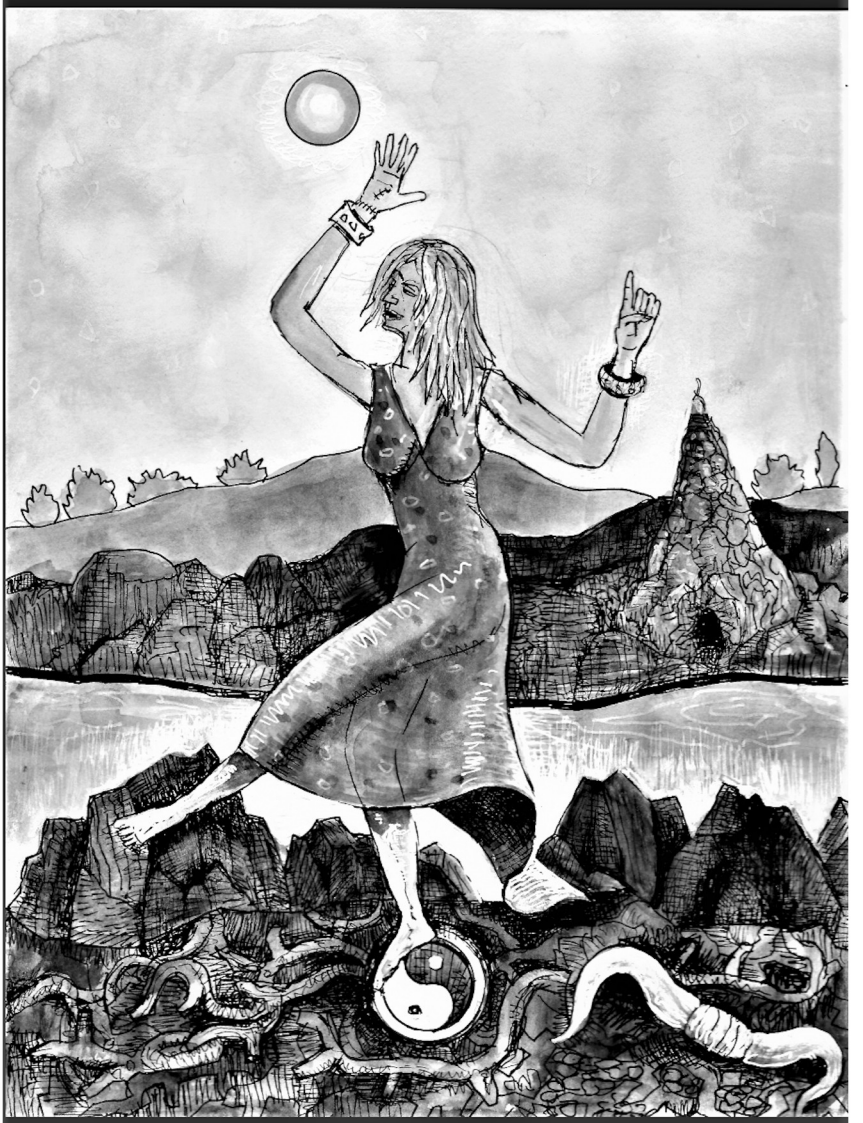
Prince of Disks

Princess of Disks

The Princess of Disks balances on the Taoist yin-yang symbol. Itself a symbol of balance and reciprocity. The Princess of Disks represents the seeds or beginning stages of a new undertaking. Disks, or Pentacles, are associated with The Earth, the material world, finances, abundance, and wealth. The Princess is the youngest and least experienced of the Court card family. She represents the initial stages of materialization. Sometimes, she represents education or training, or the prepatory work required to start a project.

Interpretation: You are in the exciting, early stages of a new undertaking. Is there some form of training or prepatory work you need to do to be ready? Be patient with yourself as you lay the groundwork for the work to come.

Medititation: take a few deep breaths until you have a sense of your breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Into your chest at first, then down into your upper abdomen, further yet, into the lower abdomen, and finally, allow the breath to fill your pelvis. With each in-breath, you are expanding out into the world around you, then gently contracting on the out-breath. Allow roots to grow down into the Earth and feel your connection to the material world.



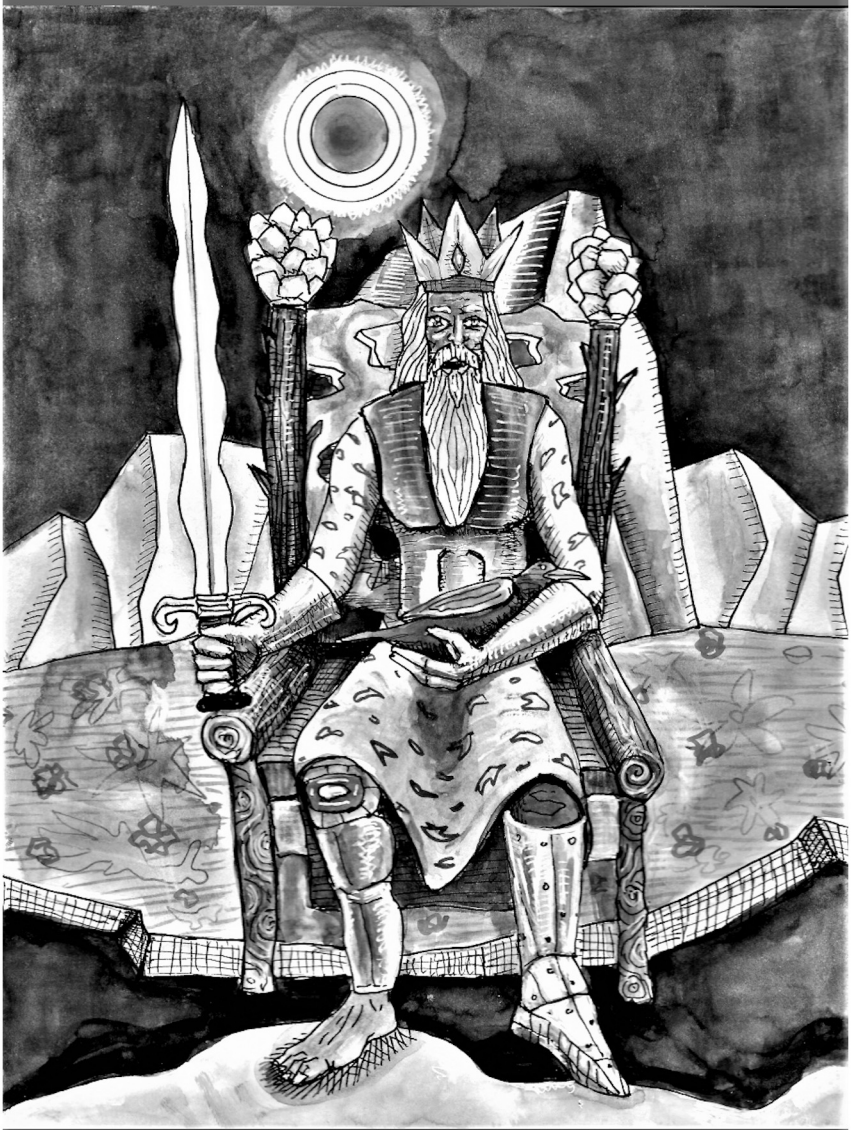
Princess of Disks

King of Swords

The King of Swords posesses a keen intellect, the ability for astute discerment. A born leader, the King of Swords represents someone who's moved up through the ranks to become an expert, especially in business, law and finances. Many seek out his advice, and pay mightily for his expertise. He may seem dispassionate, but, in this matter, putting emotions aside is essential. All angles must be explored logically before a decision is to be made. The Kind of Swords can do this quickly and efficiently.

Interpretation: you are being challenged to use your intellect and rational mind to explore all angles before making a significant decision. This card can also indicate that it may be time to consult a professional or expert, especially in the field of finances, law, or business.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Settle deep within your body, and continue to follow your breath. Allow thoughts and feelings to float by like clouds in the sky. In order to get perspective on a matter that may be perplexing you, allow yourself to either float up over the scene, or look for a path that leads up a hill, cliff or mountain, so you can look out, over a vast vista. If you are comfortable floating above the situation, allow yourself to take a bird's eye view, which allows you the distance you need to see all sides of a situation. You can move around, within your mind's eye, to shift perspective.



King of Swords

Queen of Swords

The Queen of Swords is highly intellectual, with keen critical thinking abilities. She doen't "suffer fools" or enterain small talk. The Queen is serious, but caring. She rather know the who, what. where, when, why and how of the matter. She is not interested in opinions or "feelings" about a situation. This approach gives the Queen of Swords clarity of vision and understanding. For this reason, she is sought out for her expertise. The Queen holds a crystal in her left hand, which allows her to to see things clearly, from many angles. The Queen doesn't hold her punches or soften her words. She will tell you exactly what she thinks, without sugar-coating it. Her comments may seem "cutting".

Interpretation: you are being asked to put away feelings or biases and look directly at the facts in a situation. Can you see all sides with clarity? If this is not you, then perhaps there is a strong, smart woman you have approached for advice. Rest asured, they are at the top of their game. They are knowledgable and discerning. You can trust their judgment or advice, but be prepared for her unfiltered responses.

Swords can represent the intellect, science and academia.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Settle deep within your body, and continue to follow your breath. Imagine that you are holding a large crystal, which has many sides to it. In each facet, you can see a situation from a different angle.

Queen of Swords

Prince of Swords

The Prince of Swords is an ambitious, action-oriented person, who is driven to achieve his goals and will stop at nothing to make them a reality. He is highly motivated and persistent. Impulsive, The Prince thrives on the excitement and energy of the endeavor and sometimes charges headlong into action, without thinking it through.

Interpretation: you are being asked to take action and not worry too much about the details, as they will take care of themselves. Be bold. You got this.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Settle deep within your body, and continue to follow your breath. Imagine you are dressed in armor and ready for anything. Nothing can harm you. Look at the image on the card. See if you can bring the essence of the Prince of Swords into your body.

Prince of Swords

Princess of Swords

The Princess of Swords is fierce in her pursuit of truth. With her mightly sword, she cuts away all illusions. The Princess is a rebel, an independent thinker. Driven to educate and enlighten others with intellectual prowess. The Princess also represents fresh new ideas. A new start. In some decks, the Princess is known as The Page, which always represents new beginnings; the early stages of an endeavor.

If this card doesn't represent you, then it may represent a young fiesty person, bristling with anarchistic, confrontational energy. They are doing their best to explore the truth for themselves, and it may be a bit overwhelming for you. If so, take a step back, and find your own inner peace and groundedness.

Interpretation: you are in the process of cutting away from old ideas, exploring new ways of thinking, and communicating. Use your sword of intelligence to separate all that is unnecessary in this pursuit. Your energy may be a bit too much for others at this time, but that is not your problem. Others may have to adjust their perception or responses. In time, things will settle down.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel the pull of gravity connecting your body to that of the Earth. Feel the nourishment and grounding that comes from the Earth. Feel the excitement about your new project. Can you connect to that part within you that has astute discernment and crystal clear vision? If you cannot connect directly to that part, can you think of someone you know who possesses those qualities. Watch them from afar, then step in to their body, imagine that you are them (even for a moment) and feel what it's like to think the way they do.

Princess of Swords

The Minor Arcana

Ace of Cups

The Ace of Cups features the waters of LOVE flowing endlessly from the Heavens (The Universe) into a single globlet, then overflowing. This LOVE flows abundantly through you. Can you open to it? Allow the Universal Love to flow through you to all those around you.

Interpretation: The Ace of Cups represents an exciting new relationship of some kind. It could be romantic, a friendship, or connection to family and community members. It's new and fresh and full of potential. Open your heart and express your authentic self. Others will be drawn to you.

The Ace of Cups can also mean a pregnancy, or a new creative endeavor. Something new and exciting is beginning to blossom. Welcome it, cherish it, nurture it.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Imagine a lotus flower opening in your heart center. Through your heart center allow LOVE to enter into you and also allow LOVE to flow freely from your heart out into the world around you.

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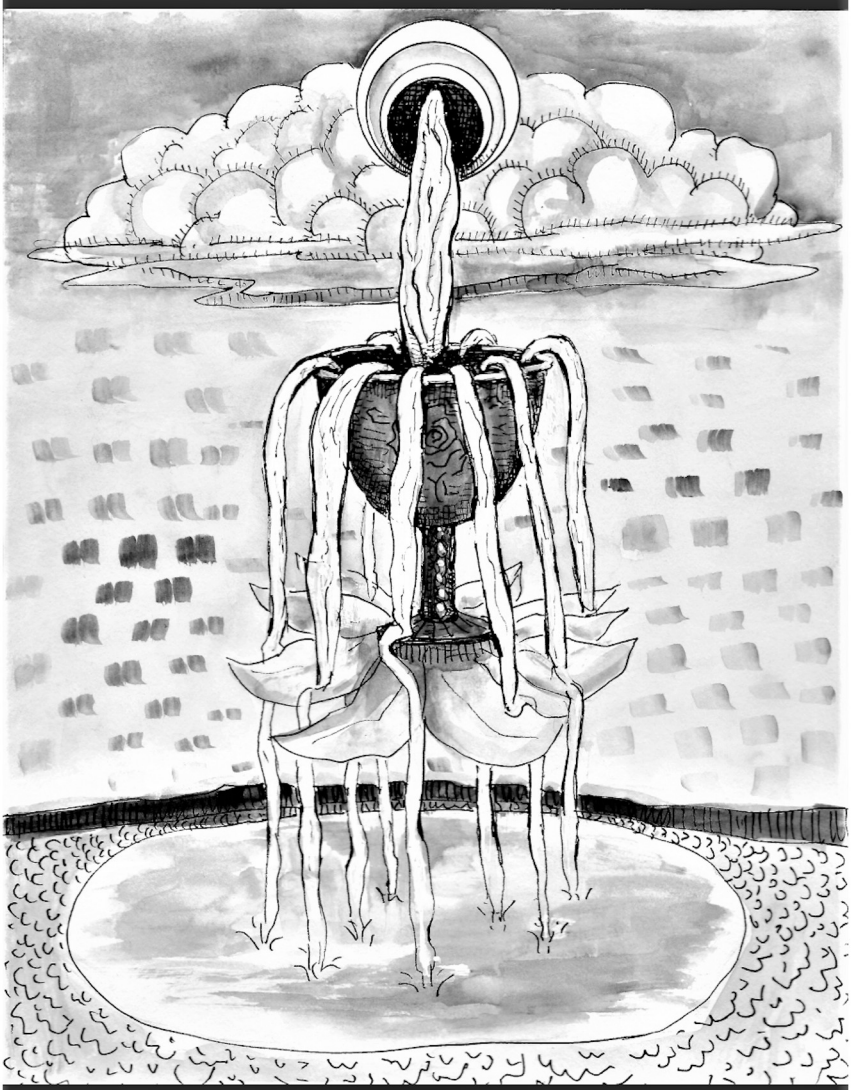


Cups

Two of Cups

The Two of Cups: while the Ace of Cups represents the ONE LOVE, or Universal Love, the Two of Cups represents love between two people, the beginning of a new romance, friendship or partnership. A mutual attraction.

Interpretation: If the Two of Cups appears in your reading, there is someone new in your life, a new romance, friendship or partnership. There is a sense of sympatico, the two of you see eye-to-eye. Both are committed to creating the relationship. If you are beginning a new business partnership, you may have different skills or traits, but you compliment each other.

If you are starting a new romantic relationship, everything may feel dreamy, cloud nine-ish. You connect on many levels, physically, spiritually, emotionally, and intellectually.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Imagine a lotus flower opening in your heart center. Open your heart and allow LOVE to flow. If you have a parter, allow the love to flow to them. If you are looking for a soul mate, send that love out into the Universe, trusting that it will find them.

II

Cups

Three of Cups

The Three of Cups: your love and friendship has expanded from the exclusivity of a couple to a small group of close friends. In this case, the three women can be seen lifting their goblets in celebration and in honor of each other. There is a sense of like-mindedness, and cameraderie among the group. A sisterhood.

Interpretation: If the Three of Cups appears in your reading, you may be entering a busy, socially active period of life. Friends gather together to celebrate, let their hair down, let loose. It also may mean the beginning of a new creative collaboration. Reach out to those around you who you'd like to work with. The synergy of a group of like-minded collaborators allows you to achieve greater things than you could on your own.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Imagine a lotus flower opening in your heart center. Extend a sense of loving-kindness out into the space around you. Imagine or sense a small group of your closest friends and allies, in a circle around you. Feel, within your body, how it feels to be in a circle with your closest friends. Ensure that your group all share a similar bond and unconditional acceptance. Imagine the loving-kindness flowing freely between all of you. You can send it around the circle, encompass the group, and swirl back into your heart center.

III

Cups

Four of Cups

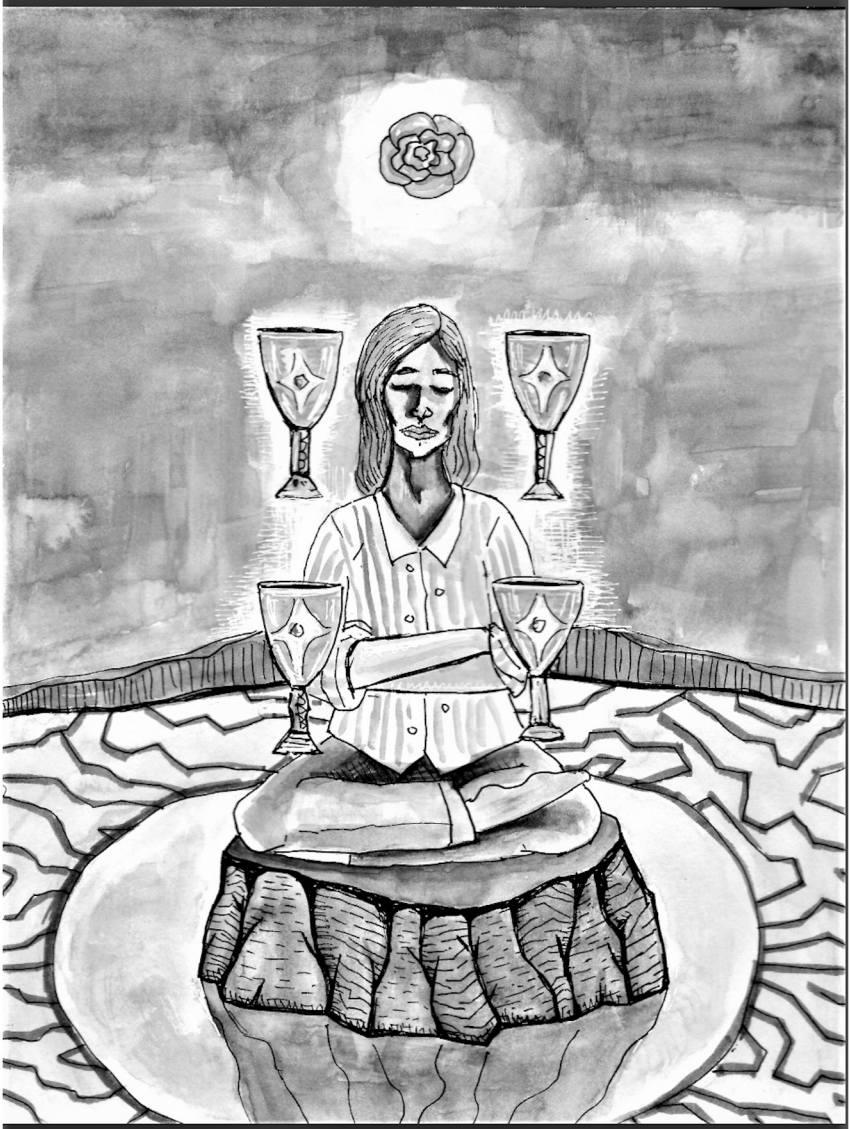
The Four of Cups: An older man or woman sits with arms crossed, surrounded by four cups. A rose hovers above them. A number of opportunites are presenting themselves. This is the moment to stop and contemplate what you really want. Take a breather, use discernment to decide which of the opportunities are best for you.

Interpretation: If the Four of Cups appears in your reading, you are being offered a number of exciting opportunities. Take a break to sit and contemplate, which of these opportunities align with your long-term goals.

Or perhap you are waiting too long to decide about a situation. Perhaps you have retreated from the world, and cannot see the riches being offered. The ROSE of eternal love hovers above. It's ok to focus inward and get a deep reading from your heart and soul.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Allow your mind to scan down from the top of your head through your body, down to your toes. Notice how differnt parts of your body feel differently. Notice the sensations, the emotions, memories and stories you hold within. You don't have to do anything, just notice and embrace them with compassion and reverence.

IV



Cups

Five of Cups

The Five of Cups: A couple, dressed in dark clothing, despair over three spilled goblets of wine. Their disappointment clouds their vision, so they cannot see that behind them there are still two full glasses, and fruit, available to them. A bridge leads across a flowing stream to a large home. They are trapped in the past, unable to move forward or accept the riches still available. The sky above them is dark and overcast, while the sun shines in a bright blue sky.

Interpretation: If the Five of Cups appears in your reading, you may be grieving some loss. Perhaps some endeavor has not turned out the way you'd hoped for. Rest assured that there are still riches to enjoy. This card is urging you to forgive yourself and others who may have slighted you. By shifting your point of view, you will notice the banquet that awaits you.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Allow your mind to scan down from the top of your head through your body, down to your toes. Bring into your vision, at a distance, whatever you feel despair about. Keep it at a distance. now turn around and notice that behind you the sky is blue, the sun is at its apex. There is a banquet laid out for you in the garden of a mansion. There is a foot-bridge over a stream leading to the garden. When you're ready, walk over the bridge into the garden. Even if it's just for a few moments, know that, regardless of disappointments you may have experienced, life is full of opportunities. Sense, in your body, how it would feel to move across the stream to the peaceful, bountiful garden, and enjoy the banquet that's been laid out for you.

V

Cups

Six of Cups

The Six of Cups: In this card, a couple of children, perhaps a brother and sister, balance on a stack of six cups. Each cup contains flowering plants. The sky is blue, the sun is shining. A dove soars above. Life is good. After the despair of the Five of Cups, this is a wonderful relief. Enjoy the sunshine. Revel in the energy of youth. Life is harmonious.

Interpretation: The Six of Cups represents a rich flowering. A full glorious summer celebration. This card also represents children, including your inner child. Perhaps you will be spending time around children. Perhaps you need to take time with your own inner child. Allow that tender part within you to have some fun. Enjoy life.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Allow your mind to scan down from the top of your head through your body, down to your toes. Imagine or sense that you are in the courtyard of a large stately home. You are with a sibling or best friend, enjoying the sunshine, playing and talking together. Really drink in that feeling. Perhaps you can remember a perfect summer day, when the temperature was perfect, the sky was brilliant, and the sun was shining bright. There is no rush, you have nowhere else you have to be, or anything else you need to do.

This is a moment to just BE.

VI

Cups

Seven of Cups

The Seven of Cups: this card shows a person surrounded by seven goblets. Each offering a gift. Some of them are desirable and others undesirable. How do you choose? How do you know what is right for you? Don't be seduced by the illusions of fame and fortune. Make sure your feet are on the ground, and your head is not in the clouds. While dreams and visions of a potential future are important motivators, now is the time to decide, and take actual steps towards accomplishing your dream.

Interpretation: The Seven of Cups represents a variety of choices. Almost too many. Some of the gifts being offered are healthy and positive, while others may be a distraction from what you really want or need. This card may represent illusions, pipe dreams. Plant your feet firmly on the ground and ask inside for guidance. See also the meditation below.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Plant your feet on the floor, and feel the weight of your body as it sinks into the chair or surface you are sitting on. Feel your connection to the Earth like a soft magnetic pull. Allow the intelligence and nurtruring energy of the Earth rise up through your legs into your body. Now imagine or sense a beam of light coming from above. This is Universal Lifeforce energy, or you can think of it as Love from the creator intelligence. Sense the Universal lifeforce, and the Earth's energy blending within your body. When you feel a deep settling, you can ask for a vision for your future. You can bring to mind the various gifts being offered, and asking within, how it would feel to possess each of these.

VII

Cups

Eight of Cups

The Eight of Cups: A shadowy man with a suitcase is walking away from the eight cups that float in the foreground. The eight cups represent an unfulfilling situation. The sun is high in the sky, which suggests other opportunities, but he must leave behind that which no longer works for him to benefit from the new options.

Interpretation: The Eight of Cups is a sign of disappointment. Some situation, relationship or opportunity, didn't work out as you had planned, especially on an emotional or spiritual level. You are ready to leave that situation. Only by setting out on a new path will you find something new and fulfilling.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Imagine or sense a warm light above your head, like a small, personal sun. Feel its warmth on your body. Now allow or bring that warm sunlight down into your body. Either through the top of your head, or allow it to surround you and expand into your body until your whole body is glowing with light.

VIII

Cups

Nine of Cups

The Nine of Cups: A colorfully dressed gentleman sits on a bench surrounded by nine cups. A verdant mound behind him.

Interpretation: The Nine of Cups represents contentment. Your life is rich on many levels. Take a moment to express your gratitude for all the beauty and joy in your life. The bench in the card is only comfortable for a while, suggesting that even our riches are temporary. For now, we can enjoy what we have, and the knowledge that everything is temporary, makes it all the sweeter.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. How would it feel to be in that place in this very moment? How would it feel within your body? Now, imagine, or sense, around you all the riches, all the gifts you enjoy in your life. You can imagine them all around you now. Open your heart and send out your gratitude for all that is lovely and joyful in your life.

IX

Cups

Ten of Cups

The Ten of Cups: This is the "happy family" card. A couple stand with their two children in a beautiful yard, surrounded by ten cups in front of a mound. There is a deep sense of contentment and completion. Relationships are harmonious.

Interpretation: The Ten of Cups represents a sense of fullness, satisfaction, contentment. In short, a deep sense of happiness. There is harmony within your family and among friends. Trust your heart. This is an enduring love.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. How would it feel to be in that place in this very moment? How would it feel within your body? Now imagine, or sense, around you all the riches, all the gifts you enjoy in your life. You can imagine them all around you now. Include the people in your life with which you share a loving bond. Open your heart and send out your gratitude for all that is lovely and joyous in your life.

X

Cups

Ace of Wands

The Ace of Wands: A single fiery wand sprouts a lotus at the top, and is surrounded by bolts of lightning.This card is highly charged with energy. Where it touches the ground it creates waves or ripples. This is the kind of powerful energy needed to break through barriers and start something new. Don't hesitate, and don't wait for all the parts to fall into place. Now is the time to act.

Interpretation: The Ace of Wands is telling you it's time to get started. Is there a project you've been waiting to start? Have you been stalling? Or maybe you have launched into something new. The Ace of Wands will give you all the energy you need. This is ground-breaking, barrier busting energy. It will shake the cobwebs off of complacency and jump start your endeavor.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. How would it feel to be in that place in this very moment? How would it feel within your body?

Feel the Earth's energy rising up into your body, like sap rising up through the roots in Spring. The Ace of Wands induces the same life-giving, spark-of-life, energy. Feel all the dormant spaces waking up inside of you. Envision whatever task or project you'd like to complete. See yourself, sense yourself, doing it.

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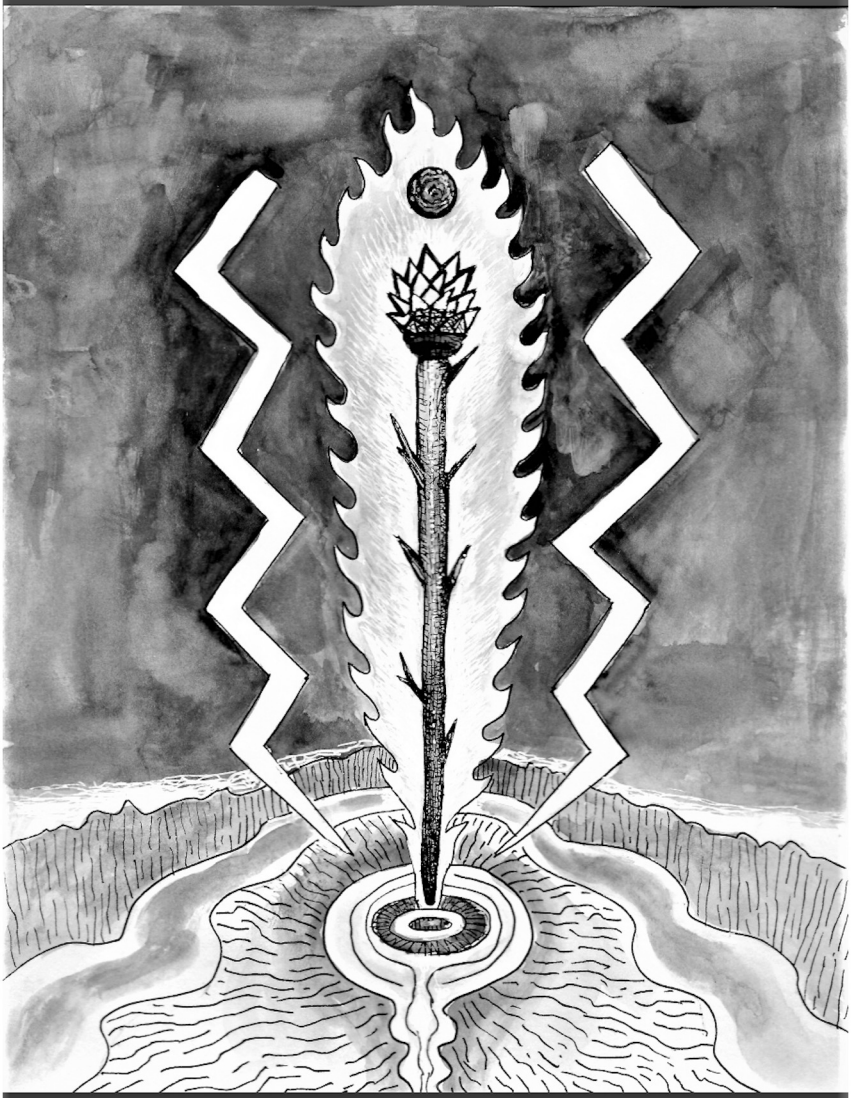


Wands

Two of Wands

The Two of Wands: A hybrid being stands behind a containing wall, surveying the vista, surveying the options that lay before him. Following the spark of energy generated by the Ace, he must now decide how to proceed. With the world balancing on one wand, and a crow on the other, it's time to draft a plan.

Interpretation: The Two of Wands, which follows on the heels of the super-charged Ace, is advising you to take stock of your options, and survey the landscape of opportunity. You have a vision, and a goal. Now you need a plan. While the Ace urges one to get started, the Two of Wands, encourages you to take a moment, and make sure all the pieces are in place, before you launch into your project or endeavor.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. How would it feel to be in that place in this very moment? How would it feel within your body?

Take a moment to envision your goal, in the distance, in the future. Now ask inside, what needs to be in place for me to accomplish this goal? Notice the messages, or images that arise. If you can, imagine a timeline stretching out from where you are, to the accomplishment of your goal. Can you see the various tasks as tableaux, or stations, along the way? This will help you break things down into smaller, achievable parts.

II

Wands

Three of Wands

The Three of Wands: A hybrid being stands with three wands, one of them has a small globe at its end. In the distance we see mountains, and a highway. You are well on your way. The hybrid being is clad in a multicoloured robe, suggesting a broad palette of opportunities. The bird suggests freedom, and taking flight. Your project is finally off the ground and beginning to bear fruit.

Interpretation: The Three of Wands tells us that the spark from the Ace, and the preparation of the Two of Wands, has borne some fruit. The project has taken flight. The highway suggests a speeding up of activity and movement. Your plan is working and you are enjoying the success of your undertaking.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. How would it feel to be in that place in this very moment? How would it feel within your body?

Take a moment to envision your goal, and see all the ways it is manifesting results. You can survey the outcome of your careful planning and the implementation of that plan. Is there anything else you need to do? Is there anything that needs to be altered?

III

Wands

Four of Wands

The Four of Wands: A couple share a glass of wine and a small picnic under a structure made from four wands. While the Three of Wands indicated the implementation of a plan, a creative or business undertaking, the Four suggests it's time to relax and celebrate. The hard work has paid off. The wands (outcomes) of work have produced shelter and abundance.

Interpretation: The Four of Wands tells you it's time to gather your closest friends and loved ones and revel in your abundance. The Four of Wands may also indicate a house or home. It may be time to focus on nesting or renovations.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. How would it feel to be in that place in this very moment? How would it feel within your body? Notice all the details as vividly as you can. Notice the colors, the shapes, the smells, and sounds. Is there a gentle breeze blowing? And always, as much as you can, tune in to your felt sense of that peaceful place.

IV

Wands

Five of Wands

The Five of Wands: The "five" cards in Tarot always indicate conflict, change or challenges. In the case of the Five of Wands, five individuals, all very different, hold their wands in defensive stances. A battle is about to ensue, unless someone defuses the situation. Diversity makes us stronger, but accepting the ideas and beliefs of others is challenging, as we are often triggered into resistance.

Interpretation: The Five of Wands suggests interpersonal conflict, perhaps among people with differing belief systems, or perhaps some difference of opinion within a working group. This card is warning you to pause, and listen to the ideas of others. You don't have to agree on everything to work together. The first step is to listen. Sometimes the act of listening will soften an opponent's stance.

Researching the field of "change management" could be valuable. If there are big changes at work or in your community, perhaps consulting a change management facilitator, or partnership building consultant, would help to build cohesion during a period of transition.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. One way to get a better understanding of another person is to do an exercise where you shift your perspective. First you view the situation from your own perspective, then you shift and imagine you are the other person. Then you can float up and get a bird's eye view. This is often helpful is developing a deeper, broader understanding of a situation.

V

Wands

Six of Wands

The Six of Wands: A valiant Amazonian stands proud with six wands around her. She is celebrating a victory. The sky is a vibrant blue.

Interpretation: The Six of Wands means it's time to stand tall and proudly proclaim victory. Be proud of your success. You've worked hard, and had to overcome many obstacles, to get here. Receive and appreciate the accolades. This is not a time to be demure or shy. However, neither should you be boastful or conceited.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place.

You may want to stand up and take a warrior's pose. Chest out, chin up, arms akimbo, or any other posture that feels strong, proud and unapologetic. Notice how your body feels. You can always shift your mindstate by taking this pose. By changing your posture, you can summon or return to this state of being.

VI

Wands

Seven of Wands

The Seven of Wands: Another hybrid being appears in the Seven of Wands. This time, in a defensive stance. While the Six featured a proud warrior, celebrating victory, the Seven suggests that your success has triggered envy in others. The higher one's profile, the more you will attract opponents who will want to take you down. Stand your ground. The figure in this card is wearing only one boot, which suggests he was taken by surprise.

Interpretation: The Seven of Wands suggests your success has made you more visible, and thereby, a target to be challenged. Stand your ground. You may have been taken by surprised, and may need to enlist the assitance of others, or perhaps a lawyer or consultant, to advise you. You may need to defend your position, or all you have accomplished. You have the strength and resilience to withstand the challenge.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting or standing in a calm, peaceful place.

You may want to stand up and take a warrior's pose. Chest out, chin up, arms akimbo, or any other posture that feels strong, proud and unapologetic. Notice how your body feels. You can always shift your mindstate by taking this pose. By changing your posture, you can summon or return to this state of being.

VII

Wands

Eight of Wands

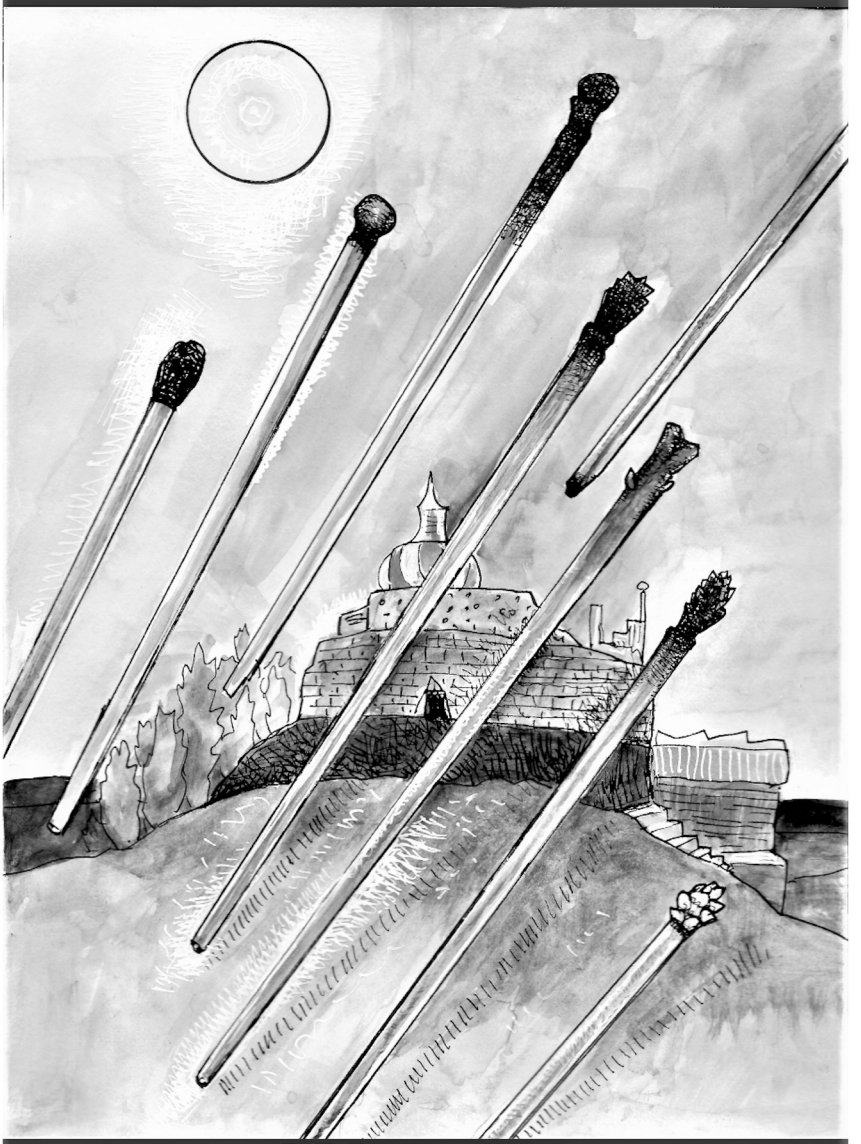
The Eight of Wands: Eight wands can be seen flying through the air unimpeaded. A castle in the background, the sun is up high in a glorious sky. There is a sense of movement.

Interpretation: Eight wands fly through the air unimpeaded, suggesting momentum. Go with the flow. Enjoy the enthusiastic synergy of the current moment. Perhaps a business endeavor is about to take off and expand. Don't hesitate. Seize the moment. You may be travelling by air sometime soon.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place.

This is going to be a busy time. Ensure that you are eating healthy food, sleeping, and exercising to keep your body fit. Seize the moment, as it arises. Ensure that your actions are in harmony with your own ethics and your long-term goals.

VIII



Wands

Nine of Wands

The Nine of Wands: A man stands surrounded by nine wands. Is he trapped, is he being protected? He seems to be surrounded by a protective light. The sky is glowing pink, which suggests a warm, loving presence. The man is tired, it's been a long journey. He is bare-chested, and has his arms crossed, in a self-protective manner.

Interpretation: The journey is almost done, and you may feel exhausted. You may feel constrained, or under attack. Take a breather, but not for too long. Continue on. Don't give up now. Your destination is on the horizon. You may have to dig deep and tap into reserves, but you can do it. You can make it.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Feel the nurturing, life-giving energy of the Earth rising up like sap, into your body. Next, imagine a sun above your head. Feel its warmth and light pouring down over your body. Now let that warm healing light flow into your body so that your whole body is like a balloon filled with light.

IX

Wands

Ten of Wands

The Ten of Wands: A hybrid being is carrying a heavy load of sticks. He is bent over and straining with the weight of the load. The Ten of Wands, like other "tens", indicate a cycle is almost complete. While the last leg of the journey may be arduous, it will be over soon. With the Nine of Wands we observed a moment of rest, a short period of stagnation. But now the push is on.

Interpretation: You may be struggling under the strain of a heavy load (work, home life, too many competing deadlines). Rest assured, this is the last bit of the journey. It may feel like a slow trudge, but you will get there, sooner than you think.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Feel the nurturing, life-giving energy of the Earth rising up like sap, into your body. Next imagine a sun above your head. Feel its warmth and light pouring down over your body. Now let that warm healing light flow into your body so that your whole body is like a balloon filled with light.

X

Wands

Ace of Disks

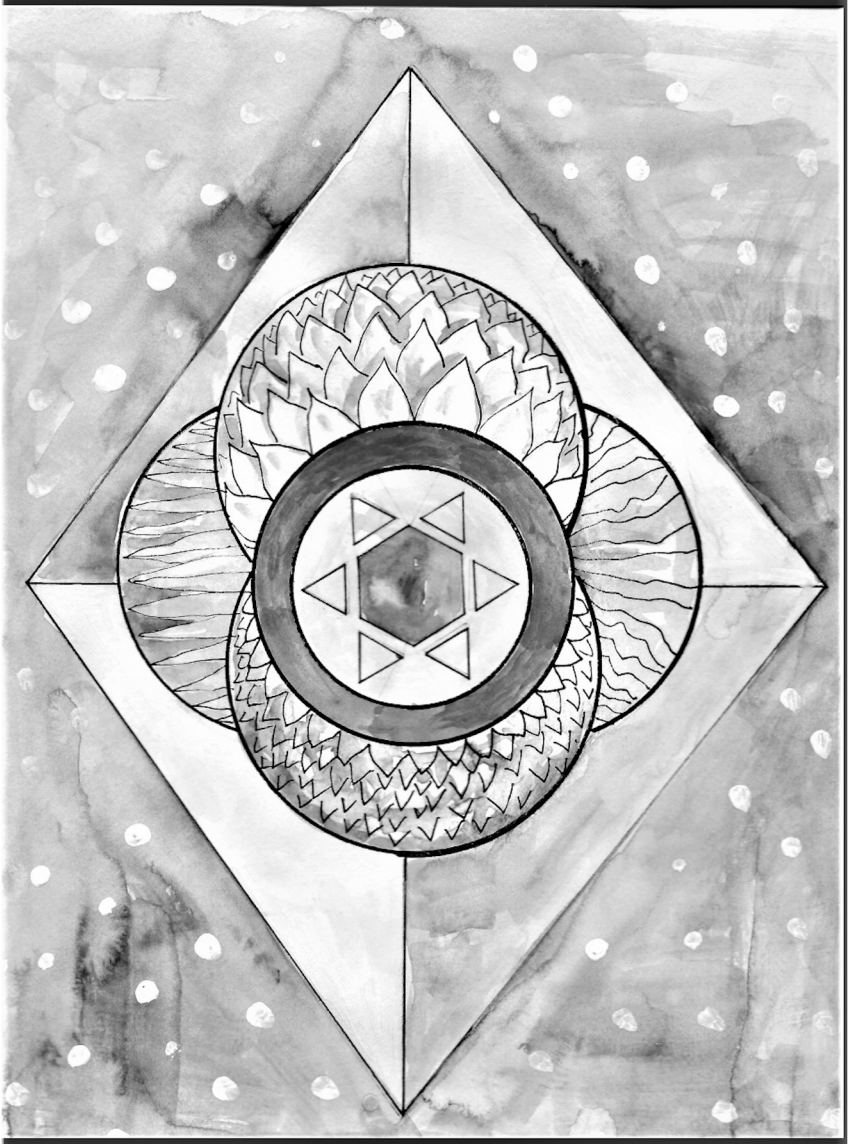
The Ace of Disks: In some decks the Disks are known as Pentacles. Disks, or Pentacles, often represent material wealth and abundance. Aces usually indicate new opportunities, the beginning of an endeavor. At the center of this card we see a golden sunlike disk with a 6 sided star in its center. The energy spreads from the center in an outward direction. An expansion.

Interpretation: You are being offered the means to grow your wealth. You may be at the beginning of a new project, offered a new job, or investment opportunity. You still need to figure out the rest. You still need a plan to make it happen. The Ace is the seed, the spark that ignites the forward motion of the project.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth.

From this calm, peaceful place, you can look out into the future. Ask inside, your own inner wisdom, to show you what riches await you. What are you being offered? Now, ask to see yourself, making it happen. What steps need to happen for this to be a success?

I



Disks

Two of Disks

The Two of Disks: This card represents the eternal balancing of opposites. A figure is seen juggling two disks, each containing a yin-yang symbol, while standing on the infinity sign. Change is the only constant. Don't fight against it, but, as best you can, flow with it.

Interpretation: Life is very busy, you have a lot to juggle. It's essential to keep moving and responding to whatever challenges or concerns arise. You can handle this. Believe in yourself. Change is the natural state of life. Don't resist it, go with the flow.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle. When you are deeply rooted into the here and now moment, you are connected to that which is constant and eternal, within the moment-to-moment shifting.

II

Disks

Three of Disks

The Three of Disks: Three individuals are engaged in an animated conversation. This card traditionally features a stonemason consulting an achitech and a worker, suggesting a collaborative working relationship. Or, at the very least, a project that requires oversight by a skilled project manager.

Interpretation: Some work or project you are working on requires team work and skillful planning. You may be the project lead, or part of the team. It is essential that all parties uphold their part. The synergy of the group is vital to the success of this undertaking.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

If you are part of team or working group, you can imagine them seated around you, as if you are sitting around a campfire.

Imagine, or sense, a lotus opening in your heart center (heart chakra, middle of your chest). With your intention, send loving-kindess out from your heart center to those in the circle. Imagine or sense that the hearts of others are also opening, and the loving-kindness is flowing freely between all members of the group. You can see the energy flowing in one direction, then the other, then both directions at the same time.

III

Disks

Four of Disks

The Four of Disks: A crowned figure with a large belly is trapped within the a diamond like apparatus, with a disk at each corner. On the one hand, his financial wealth has created abundance in his life. But he seems trapped within the apparatus of finances. Fear of losing his material wealth may lead to miserly behaviour. Or perhaps he cannot rest, must always be working, or investing, without ever enjoying the fruit of his labor. This crowned figure is alone in the landscape. His village is far away in the distance. His fear of theives has driven him into isolation.

Interpretation: While the pursuit of wealth can create beauty and abundance in your life, an obsession with money can turn something beautiful into something terrifying. The Four of Disks asks you to explore your relationship to money. Are you too focused on the accumulation of wealth? Or are you perhaps avoiding financial management tasks, leading to debt? Either way, you may feel trapped.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle. Imagine that you are in a garden, blooming with flowers and overflowing with fruit and vegetables. You are surrounded by abundance. Notice how that feels within your body, knowing with certainty, that all you need is close at hand.

IV

Disks

Five of Disks

The Five of Disks: In this card we see a couple living on the street, while in the background, just beyond the stone wall, is a tree with five disks, and a large house. While a life of comfort and abundance lies just beyond the wall, this couple is down on their luck.

Interpretation: While a world of wealth can be seen on the other side of the wall, you have fallen on hard times. You may have lost a job, a family, your life savings. You may feel abandoned by family and friends. This card is telling you that the world of comfort and abundance is still available. Building your life back up may seem daunting, but you have it within you. Take one step at a time, building skills, taking on smaller jobs to begin with. There are many community groups and agencies designed to help individuals get back on their feet.

You may have all you need, but you still fear desolation. This is known as "scarcity mentality". You may need to focus on building a sense of abundance and agency within you. We all have inner parts (sometimes inner child parts) that continue to feel afraid or unworthy, despite a lifetime of accomplishments,

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle. Imagine that you are in a garden, blooming with flowers and overflowing with fruit and vegetables. You are surrounded by abundance. Notice how that feels within your body, knowing with certainty, that all you need is close at hand.

V

Disks

Six of Disks

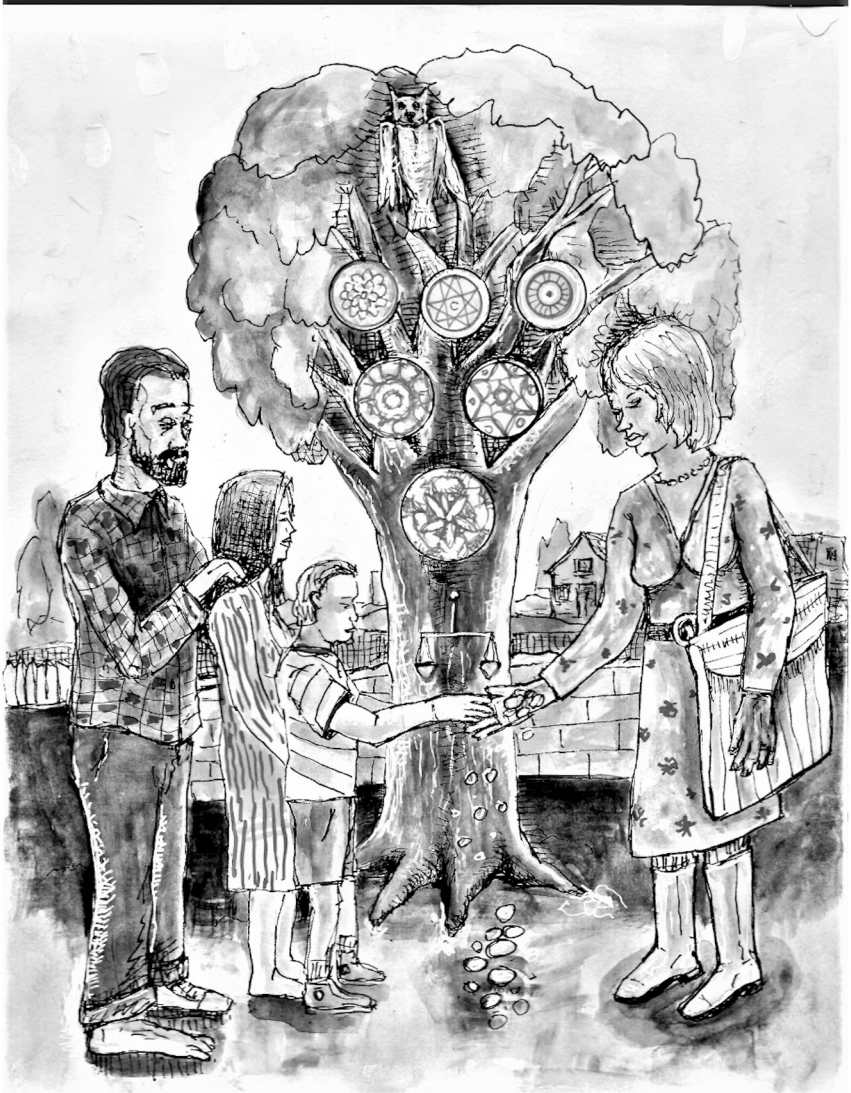
The Six of Disks: In this card we see a wealthy woman giving a coin to a family in need. After the destitute reflected in the Five of Disks, there is now hope. If you have wealth and abundance, there is great joy in sharing it with others. If you are in need of financial help, may you find it. Wealth and money only have value if they are used to make one's life, and the life of others, better.

Interpretation: If you are blessed to have wealth and abundance, this is an invitation to share with others. Generosity benefits you as much as the recipient of your charity. Or maybe you have time on your hands, and looking for a way to help others. Check with your local volunteer association.

If you are in need, this card is a sign of hope. Accept the charity being offered, but don't become dependent on it. We all need help at some point in our lives, even the wealthy. If you receive some form of disability support or pension, know that there is no shame it that. We are all valuable contributors to society.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle. Imagine that you are in a garden, blooming with flowers and overflowing with fruit and vegetables. You are surrounded by abundance. Notice how that feels within your body, knowing with certainty, that all you need is close at hand.

VI



Disks

Seven of Disks

The Seven of Disks: In this card, A gardener stands with a shovel and looks at the tree in full growth. He knows the value of hard work, and never hesitates to put all his energy into his work. He never takes the easy way out, or runs away from a task.

Interpretation: It may be time to rest, and enjoy the fruit of your labour. The bulk of the work has been completed. Or if your hoped-for outcome hasn't been met, it may be time to re-evaluate your work plan. Have you considered what your long-term goals are? Will your current course of action get you there? Don't be tempted to take short cuts, or be tempted by short-term gain, if what you have planted and nurtured needs more time to mature.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle. Imagine that you are in a garden, blooming with flowers and overflowing with fruit and vegetables. You are surrounded by abundance. Notice how that feels within your body, knowing with certainty, that all you need is close at hand. Enjoy the fruit of your labor. There's nothing more you need to do right now.

VII

Disks

Eight of Disks

The Eight of Disks: In this card, a middle-aged teacher is pointing at a design for a disk on a computer screen, while there are seven disks, with different designs, float in the air around him. This card refers to the trades, apprenticeships, training programs, vocational training and mastery.

Interpretation: Are you in the midst of a training program? Or thinking about doing some further training? Stay the course. It may be hard work but it's worth it to stick to it.

The card may also refer to the creative process, especially in the area of crafts and handiworks. The rule of thumb being that you have to put in your 10,000 hours of practice to develop mastery of any skill.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

VIII

Disks

Nine of Disks

The Nine of Disks: In this card, a wealthy, established woman in a glorious golden robe, stands in a flourishing garden. Luxury abounds.

Interpretation: It is time to relax and enjoy the bounty you have created. Through hard work and determination, you have amassed resources and abundance for yourself. While you may have budgeted and saved for the past little while, it's ok to indulge yourself now. You have established a strong financial foundation.

Medititation: take a few deep breaths. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle. Imagine or sense yourself in a garden surrounded by a bounty of fruit, vegetables and flowers. You have worked hard to create this lovely garden. Now is the time to relax and enjoy it.

IX

Disks

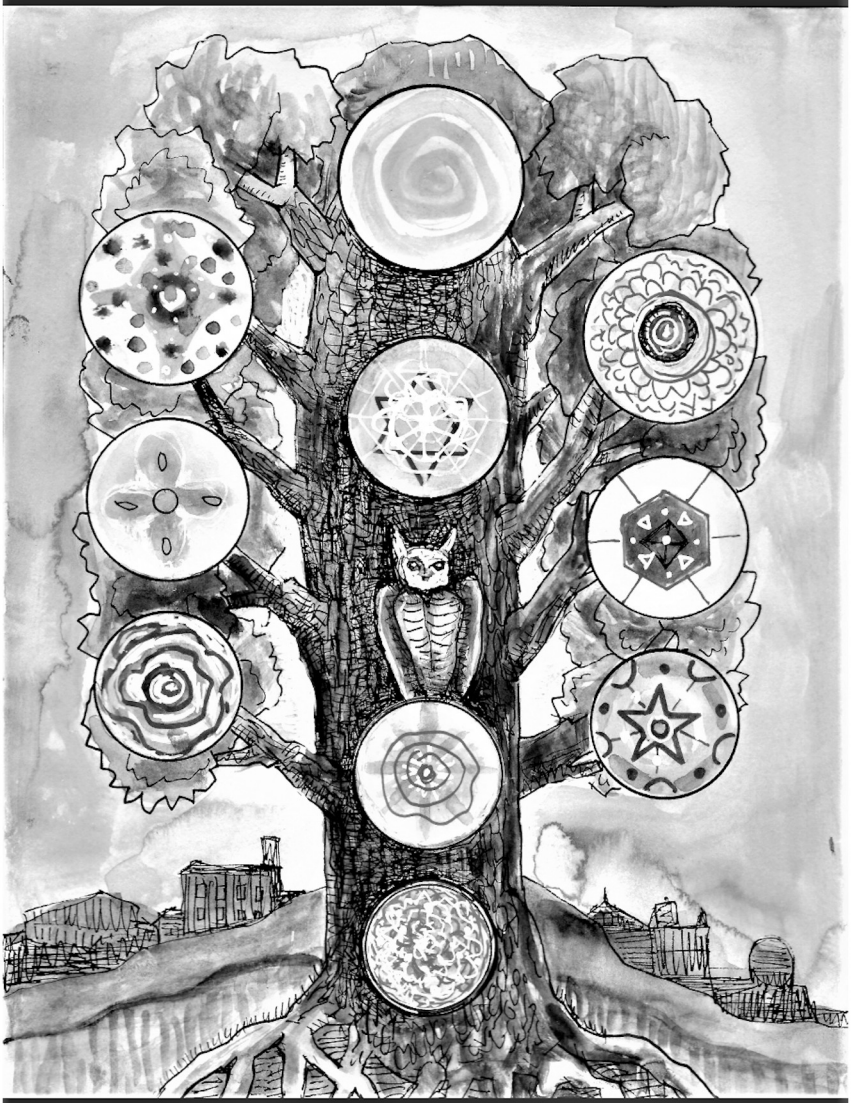
Ten of Disks

The Ten of Disks: A large sturdy tree holds ten disks and an owl. The "ten" cards in Tarot always mean completion of a cycle. Each disk seems to contain a universe within itself. You have accumulated wealth and live a life of abundance. You are established and don't have to worry about finances. Life is good.

Interpretation: It is time to relax and enjoy the bounty you have created. Through hard work and determination, you have amassed yourself resources and abundance. Life is good. You don't have to worry about financial matters. The card may also represent family life. Your home life is harmonious and rich. The tree can represent the "family tree" and remind you of your heritage and bloodline. Do you feel connected to your ancestors? If you don't, it may be time to do some research.

Medititation: take a few deep breaths. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle. Imagine or sense yourself in a garden surrounded by a bounty of fruit, vegetables and flowers. You have worked hard to create this lovely garden. Now is the time to relax and enjoy it.

X



Disks

Ace of Swords

The Ace of Swords: A single sword floats in the center of the image, with its hilt in the ground, its blade in the sky, and its point in the sun. The Ace of Swords represents mental clarity. The sword of discernment that slices through the fog of confusion and the mist of illusion. The Ace features a double-edged sword, which suggests that its power can be used constructively or destructively. With power comes responsibility. As with other Aces, this is the beginning phase of an exciting endeavor. Swords represent power and the intellect. New ideas, academia, truth and justice.

Interpretation: The Ace of Swords is imploring you to use your intellect, your capacity for clarity and discernment, to clear away any confusion or uncertainty. A new adventure awaits. One that requires a clear mind and intellectual prowess. You may need to summon your knightly resolve, or a warrior's sense of duty. You are at the beginning stages of your journey, which at times may be rough going.

Medititation: take a few deep breaths. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are standing in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

Imagine you are holding a sword in one, or both, hands. Hold it up toward the sun and sense the sunlight charging the sword. Feel how the sword is a symbol for your intellect, your mental capacities. As a knight or warrior, you know you can use your sharp sword to cut through illusions and confusion.

I

Swords

Two of Swords

Two of Swords: While the Ace represents mental clarity, the Two of Swords suggests a complex situation where pros and cons must be considered. A Woman in a white robe sits in the lotus position in the landscape with the cresent moon above her head. While in many cards, the woman is blind-folded, in this card, her eyes are being convered by a fox or dog. Swords usually represent the intellect, but in this card, there are many symbols for inutition and emotion (the moon, water). In front of the woman there are two paths created with stepping stones. The swords she holds are of equal size, representing balance.

Interpretation: The Two of Swords suggests you have a crucial decision to make, which requires both logic and intuition. The card suggests mystery and confusion. Maybe a bit of trickery (the fox). In this case you need to really connect to your own inner wisdom, or higher self. Use your intelligence to review the facts, but also trust your intuition. What is your felt sense of the situation? Trust your gut.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are standing in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

If you are trying to make an important decision about something, it can be helpful to explore the felt sense of each choice. From your peaceful place, you can see, at a distace, both (or many) sides to the situation that has you perplexed. One at a time, bring an image, moving image, word or phrase, that represents each choice, into your mind's eye. Bring it closer to you, being careful to have enough space to keep it safe and not overwhelming. With the image or situation in front of you, how does your body feel? What does your gut tell you? Do this for each possible choice, until one of them feels right (or more right than the other).

II

Swords

Three of Swords

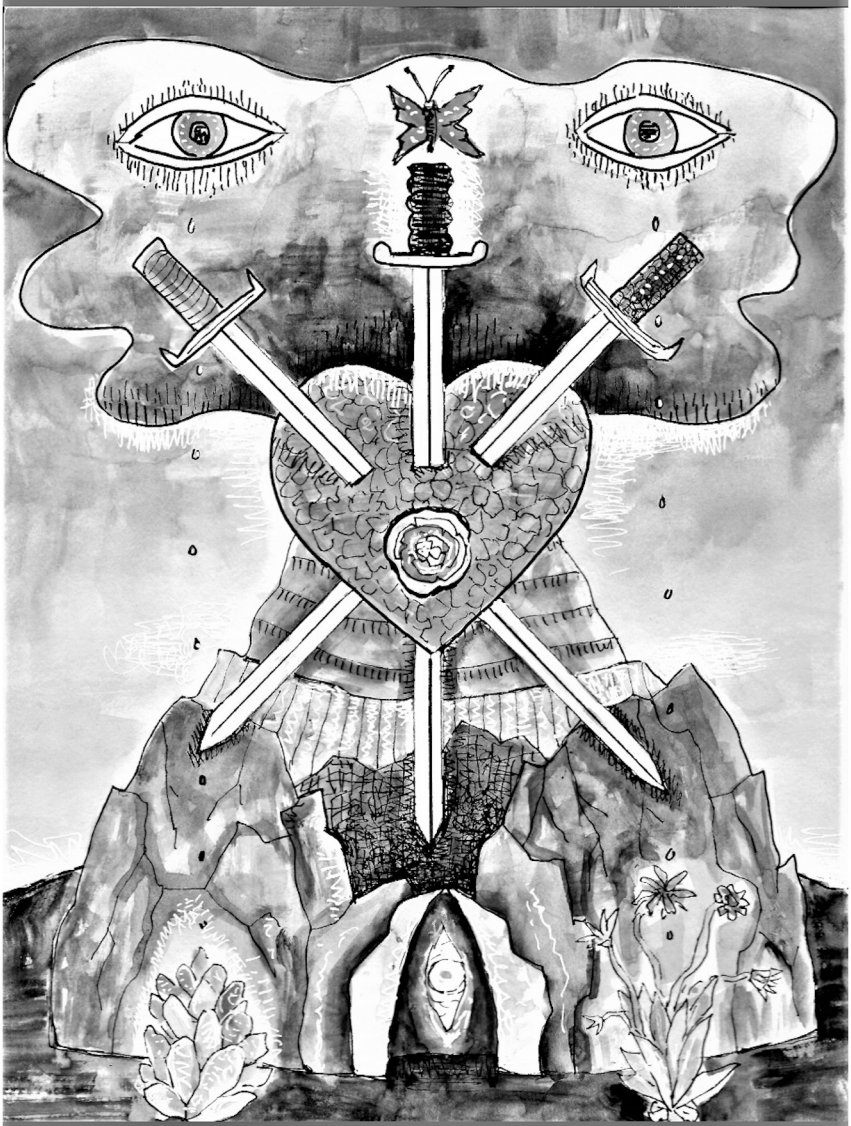
Three of Swords: This is probably one of the most familiar Tarot cards as it has seeped into pop culture. A heart is pierced by three swords, representing emotional pain, and heartbreak. In the Dream Seeker Tarot, a mound can be seen behind the floating heart, a common image in alchemy. Within the mound there is a glow, while green plants grown around it. A butterfly hovers over the hilt of the middle sword. A pair of eyes look down from the sky. All these elements suggests the "bigger picture". The eyes in the sky represent Cosmic Consciousness, the butterfly is a symbol of transformation. Out of the temporary pain of heartbreak, a new sense of life and beauty can arise.

Interpretation: The Three of Swords suggests you're suffering emotional pain, and perhaps a sudden heartbreak. Take the time to grieve your loss. Cry, dance, make art, beat your chest, scream at the night sky. Whatever it takes to let go. There are so many effective, somatic forms of psychotherapy and healing available today. Holding onto the pain doesn't allow it to heal. Perhaps you feel hurt, or wounded by the words or actions of others. Now is the time for self-compassion (see meditation below), forgiveness, and setting boundaries.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are standing in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

Sitting in discomfort, and especially, emotional pain, can be challenging. Sometimes playing soothing music helps. As much as you can, as you take deep breathes, allow your awareness to scan through your body, noticing where any discomfort, pain, or holding resides. Imagine or sense yourself surrounded by pink of light green light (or whatever color of light that feels comforting). See, or sense, it embracing you as if you are sitting in a bright egg of light. Allow the colored light to softly seep in through your skin into your body until you sense your whole body from head to toe, and from bones to skin, filled with a soft loving light, You can send that light to any part of your body that feels pain or discomfort.

III



Swords

Four of Swords

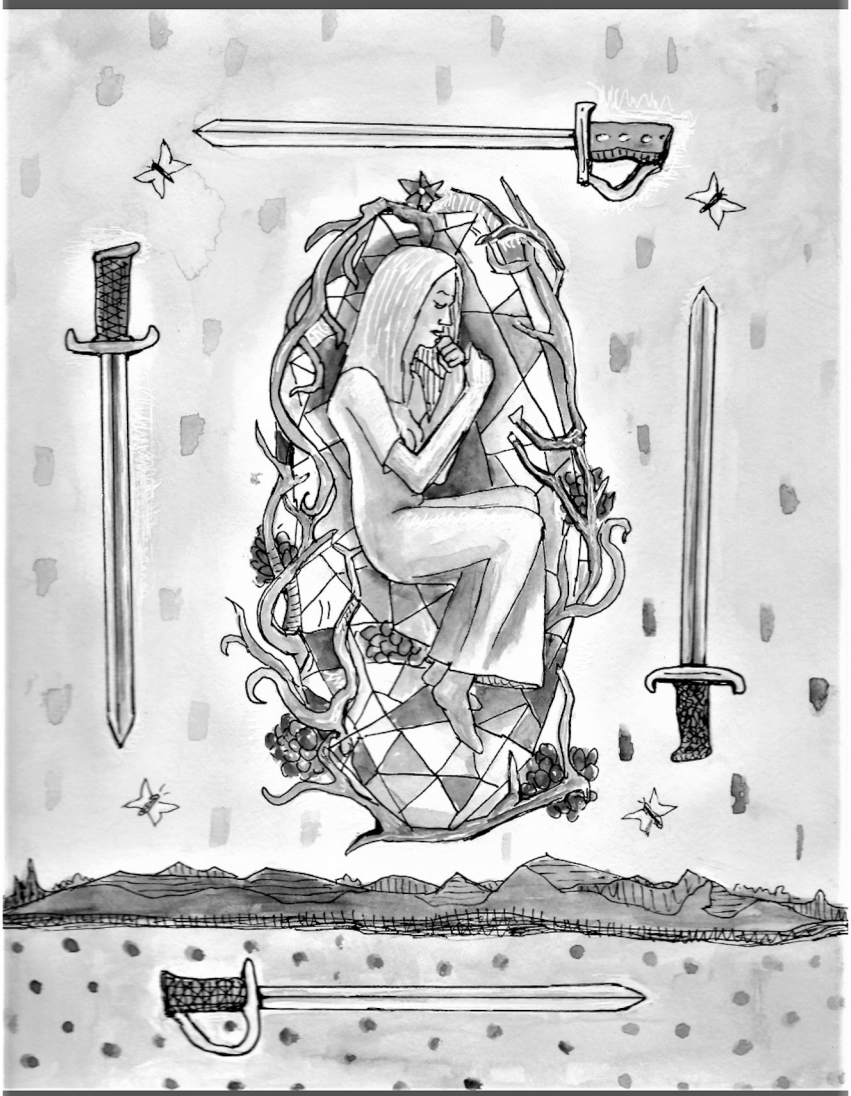
Four of Swords: In this card, a young woman can be seen resting, or in a state of deep sleep. Surrounded by four swords, she is protected. After the emotional turmoil of the Three of Swords, it is time to rest and rejuvenation. The sky is pale green, the color of the heart chakra, and new growth.

Interpretation: The Four of Swords is suggesting you take some time and rest. The swords are arranged to protect you from all angles. After a period of chaotic activity, you may need some solitude. Take the time to review your porgress, and re-jig or recalibrate your action plan.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

You may want to play some music and sit quietly or lay down. Just let your mind wander and flow. Allow day dreams or reveries to float by.

IV



Swords

Five of Swords

Five of Swords: In this card, a victorious swordsman stands in the foreground, with a golden cape. A dark cloud hangs over his head. In the background, a few of the vanquished hang their heads. A couple of their swords lay at his feet. He is victorious, but at what cost? Is the victory worth the irreparable damage caused to relationships, friendships, or business partnerships?

Interpretation: The Five of Swords is a warning to pick your battles carefully. You don't have to fight and challenge others all the time. Save your energy and fierceness to defend yourself when it is really necessary. Sometime it is better to apologize, or admit your part in a conflict, than to constantly defend it.

In some cases, this card points to defeat. No matter how hard you fight, you may have to accept defeat. Learn from it. Don't seek revenge, or cling to defeat. Move on and look for common ground.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are standing in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

From a calm centered place, reflect on your situation. Are you in the midst of some kind of conflict? Have you been victorious in a disagreement, but it doesn't sit well with you? Allow your awareness to scan through your body for any discomfort, pain or tension. Allow your breath to surround and embrace it. With each breath, allow a bit more space, a bit more easing up. You can also use colored light as you breath. You can imagine a soothing light (pink, green, golden, whatever eases the pain) flowing through any areas of pain or discomfort.

V

Swords

Six of Swords

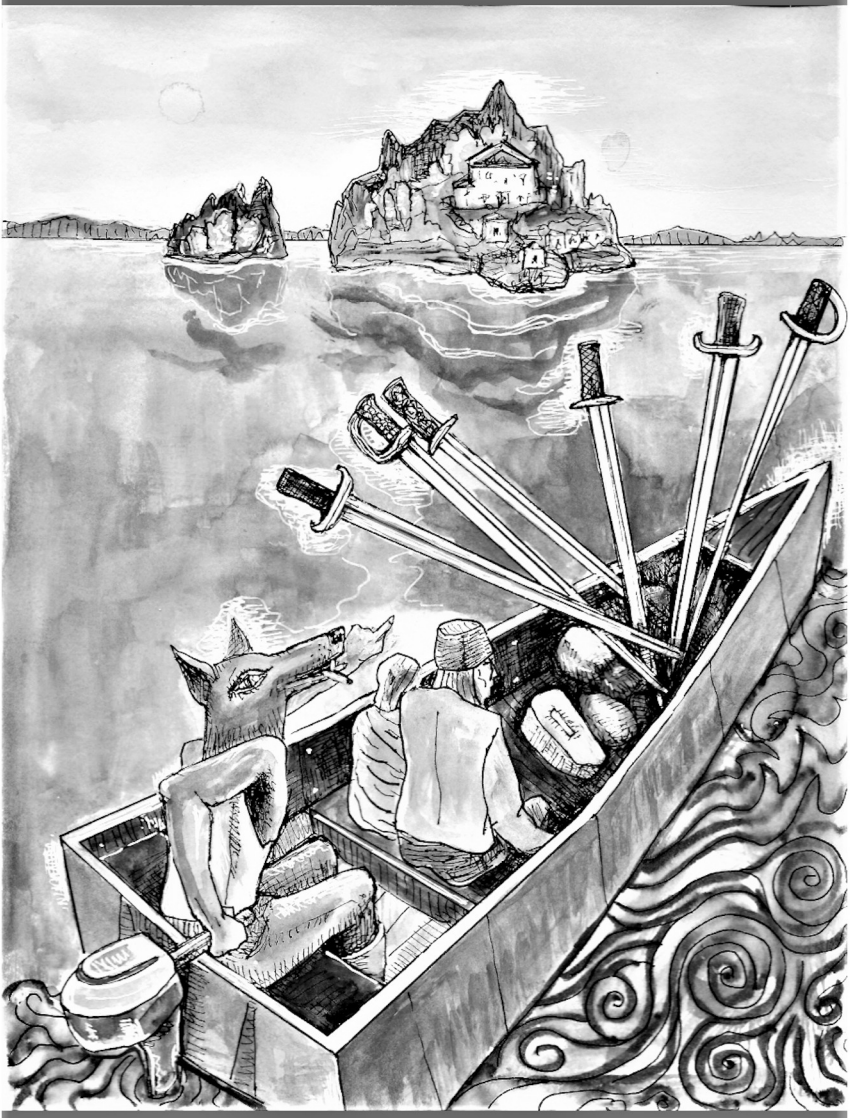
Six of Swords: In this card, an adult and child are bundled up and being transported on a small boat that also carries six swords and baggage. They are leaving turbulent waters and heading into a calm lake. In the middle of the lake is an island with a large house, surrounded by trees.This is a sactuary.

Interpretation: The Six of Swords suggests you are leaving behind troubled times and heading towards calmer waters. You may still be carrying baggage and hurts from the past. Now is the time to let go of whatever is holding you back. Keep your eyes focused on the calm waters and sanctuary ahead.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

Imagine now that you are floating on a peaceful body of water. In your boat you carry things from your past. You can choose to say goodbye to them, and drop them lovingly into the water. Let them sink or float away. You don't need them any longer.

VI



Swords

Seven of Swords

Seven of Swords: In this card, a man in an animal mask, is sneaking off with seven swords. He is attempting to get away unnoticed. He keeps looking back over his shoulder to make sure nobody is following him. This card is about deception, theft and betrayal.

Interpretation: The Seven of Swords traditionally represents theft. Either you are attempting to steal something, or someone is attempting to steal from you. Theft can mean plagiarism, identity theft, and many other forms of deception. Nothing good will come of this.

Alternatively, the card may represent the classic "lazy man's load". Are you trying to carry too much at once? You may need to break the task down into smaller tasks or create a more effective work plan.

Still another interpretation is that you are trying to sneak away from a troubling situation instead of dealing with it head on. As uncomfortable as it may seem, it is always better to face things than to run away. That usually makes things worse.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are standing in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

Stand in a warrior pose. Feet just slightly more than hip distance apart. Feel your body sink down into the floor or Earth. Feel your connection to the planet. Breath deeply and steadily. Experiment with postures. What postures convey a strong grouded feeling within your body. Experiment with putting your hands on your hips, thighs, chest, Clench your fists, open you hands.

Ultimately, you want to find what physical poses help you to feel empowered, and give you a felt sense of agency.

VII

Swords

Eight of Swords

Eight of Swords: In this card a woman is surrounded by eight swords, seemingly trapped. A monkey sits on her head, covering her eyes. She stands in a pool of water, representing intuition and emotion. She is trapped by her beliefs or precoceived ideas about a situation. A green bird is perched on one of the swords imploring her to pull the monkey's paws from her eyes. If she did, she'd see that the there is a way to escape the situation, as the front two swords have fallen down.

Interpretation: The Eight of Swords suggests that you are trapped by your own limiting beliefs about a situation. Swords usually represent intellect. Water represents feeling and intuition. Monkey mind often refers to the agitated, ego-base mind, always jumping around. If you can shift into a more integrated mind-body process, trusting your intuition and feelings, rather than the agitated thought process, you will see that the escape is right in front of you.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

Imagine, or sense, a sun above your head. A warm, soft and healing light. Feel it casting its delicious light all over your body. Now bring that sunlight down in through the top of your head. Allow it to beam down through the core of your body, like a beam of light illuminating a dark forest. As you breath, allow that golden light to fill the inside of your body, from the inside of your bones to the surface of you skin. Imagine yourself as soft glowing light bulb.

VIII

Swords

Nine of Swords

Nine of Swords: In this card a woman hangs her head in despair. She is alone, surrounded by nine swords. One of them lays beside her, close enough for her to reach out and grab it, and use it to cut away the negative thoughts that keep her in a state of fear, sadness and hopelessness. Swords represent mental activity. In this image, several negative beliefs are working together to keep her trapped in her own self contained island,

Interpretation: The Nine of Swords suggests you feel overwhelmed with despair, worry and negative thoughts. You may feel isolated, unsure how to pull yourself out of this state. The card suggests a number of issues or concerns have created a "perfect storm". As the saying goes, "when it rains, it pours." It may be time to reach out for support from a close friend, or a professional therapist or healer. There are so many effective therapeutic modalities available today. It may take time to find the one that works for you, but it's worth the search. We all need support and empathy.

Medititation: take a few deep breaths until you have a sense of the breath breathing itself. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

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IX

Swords

Ten of Swords

Ten of Swords: In this card, a white beast lays on the ground, with ten swords sticking out of its back. The sky is blue and purple, with areas of light. A sudden act has led to its downfall. A dark form in the background suggests a burial mound. We are witnessing a sudden but inevitable end.

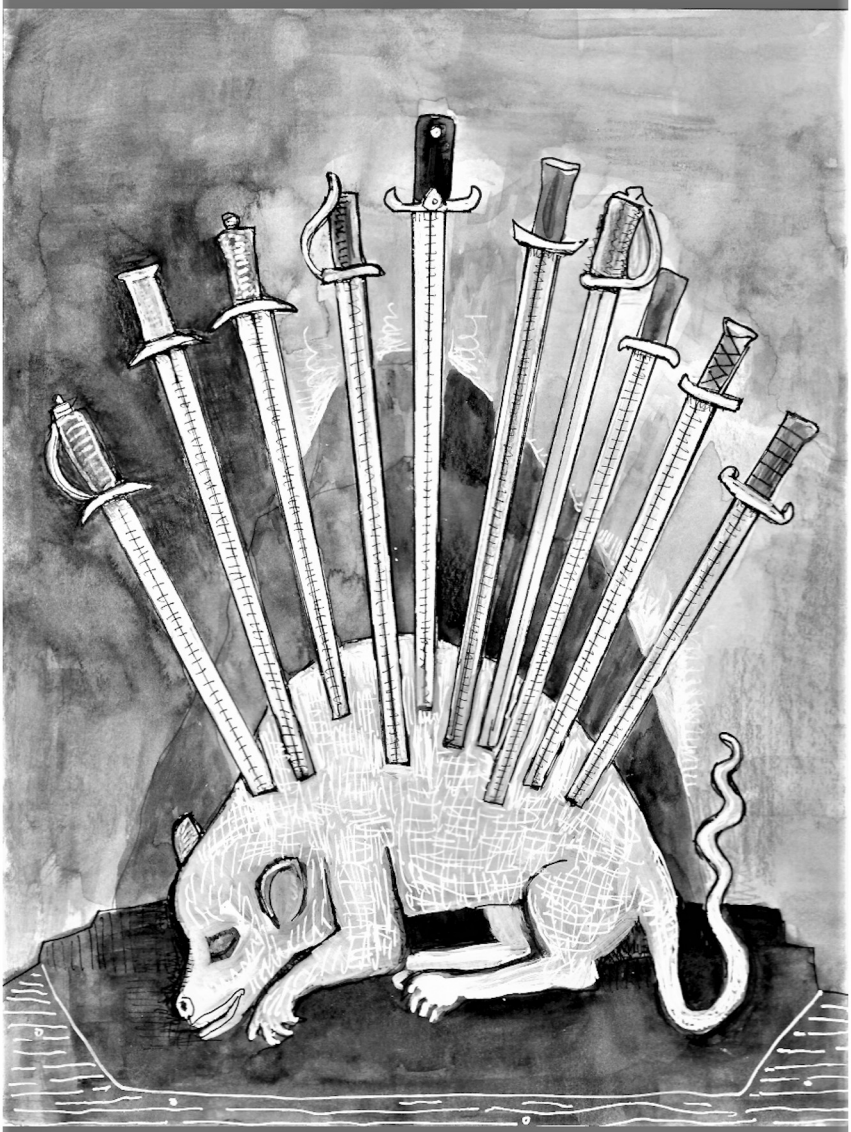
Interpretation: The Ten of Swords suggests you have suffered a serious blow, seemingly out of nowhere. This may feel like a death. Fortunately, the "tens" in Tarot indicate the end of cycle. This may be the final blow. A painful betrayal. The end of a relationship, a friendship, or a job. Or this card may be warning you that you are identifying with the "victim" role. Waiting for rescue from someone else. Death in Tarot often means a painful change. An inevitable transition. The more you cling to the past state, the longer the pain will linger.

You may have to stumble forth, with all you've learned, all you've experienced, and move towards a new day.

Medititation: take a few deep breaths. With each inhalation, allow the breath to go deeper into your body. Feel your connection to the Earth. Imagine that you are sitting in a calm, peaceful place. Imagine or sense roots going down into the Earth. Allow your mind and body to settle.

Imagine, or sense, a sun above your head. A warm, soft and healing light. Feel it casting its delicious light all over your body. Now bring that sunlight down in through the top of your head. Allow it to beam down through the core of your body, like a beam of light illuminating a dark forest. As you breath, allow that golden light to fill the inside of your body, from the inside of your bones to the surface of you skin. Imagine yourself as soft glowing light bulb.

X



Swords

Dream Seeker Tarot was created by artist, writer and healer, Charles Hackbarth. Inspired by his mother and grandmother, who were both psychics, Hackbarth has created a deck that integrates his passion for art, spirituality and healing. With a backround in healing, therapy and spiritual practice, along with years of study and work as a visual artist, Hackbarth has created a deck that honors, and expands upon, the great Tarot tradition. In this guidebook, he presents the symbolic meaning of the cards, some basic interpretations, as well as a suggested meditation for each card.